TEN YEARS AFTER 'THE MARCH'

(SEE PAGES B-2 AND B-3)

The Sacramento Observer

"the paper with an eye for the news"

1973 WINNER OF THE JOHN B. RUSSWURM TROPHY FOR JOURNALISM EXCELLENCE

VOL. 10 NO. 37 | FOR WEEK OF: AUG. 30–SEPT. 5, 1973 | 15¢ PER COPY 25c Per Copy For Home Delivery

1973 ATTENDANCE IS DOWN

FAIR TIME

Still Expected To Top Last Year's Mark

The California State Fair opened last Friday with attendance expected to top previous years.

However, this year's early attendence figures are about the same as last year's with a slight loss at the beginning of the run due to "cool weather."

According to a spokesman for the fair, "attendence should exceed last year's." So far this year, the attendance figures are behind last year's by 27,000.

Holiday

With the Labor Day weekend coming up, families who are looking for an inexpensive and safe way to spend their holiday should look to the 1973 California State Fair now through Sept. 9 at Cal Expo.

For the $1.50 for adults, 50 cents for children 6 to 12 and under 6 free admission, families can attend the races, post time 1:30 p.m., tour the many exhibits including 36 counties' displays, and the commercial exhibits, sample food at the consum-

(Continued on Page A-2)

A PRIZE -WINNING STEER



Pam Murphy, age 17, and her father Wilbert J. Murphy of Sloughouse, California, look over the fine hunk of beef that Pam has named "Noodle Head." Noodle Head is Pam's entry in the 1973 California State Fair And Exposition, which is now running through Sept. 11 at Cal Expo. Pam has been involved in 4-H projects for seven-years, and is a past winner in the State Fair competition. She is a student at Elk Grove High School. "Noodle Heat" tips the scale at 1,170 pounds. A lot of beef. (Another Photo on Page B-9) OBSERVER Photo by Calvin C. Wilcox.

The Sacramento Observer

NEWS of the WEEK

PAGE A-2 AUG. 30-SEPT. 5, 1973

MANAGER RESIGNS

SEAT PLEASANT, Maryland - The town manager of Seat Pleasant, scene of a lengthy dispute between the mayor, some councilmen and the town employees over who controls finances, resigned last week. In submitting his resignation, Charles E. Moore, said he had "deliberately and constantly been ignored by the mayor" and charged that Mayor Henry T. Arrington had falsely accused him of being a part-time manager.

DEFENSE FUND TAKEN UP

NEW YORK - Supporters of Dr. Thomas W. Matthew, controversial Black activist neurosurgeon under indictment on larceny charges involving $279,000, announced formation of a defense fund. Basil A. Paterson, vice chairman of the Democratic National Committee, and Rosemary R. Gunning, conservative Republican Assemblywoman, said they would serve as co-chairmen. Dr. Matthew was indicted on 121 counts of grand larceny last April and on two further counts on May 29.

BAHAMA'S IN IMF

WASHINGTON - The Bahamas has become the 126th member of the International Monetary Fund. The Bahamas simultaneously joined the World Bank, bringing its total membership to 123.

SKYLAB SURVEY

HOUSTON - The drought-stricken West African nations of Mali and Mauritania will be surveyed next month by Skylab to collect data on possible water and food sources. The African photography is one of 17 picture-taking sweeps by astronauts after the first of September. The pilots made nine surveys over the United States, Southeast Asia and Australia in the first two weeks of the 59-day flight.

GREGORY'S POLITICAL MOVE

CHICAGO - Dick Gregory, comedian and activist, said he is moving from his home in Chicago to Plymouth, Mass., because it is "the only state that voted for Sen. George McGovern" in the 1972 presidential election. Said Gregory, who announced he was giving up the night club circuit, "I thought I should move next to some of my friends."

RUMFORD SWORN IN

BERKELEY -- Tuesday's meeting was the first for councilman William B. Rumford Jr., of Berkeley who succeeded controversial figure, D'Army Bailey in last week's election. Rumford was sworn in during an afternoon session, with 50 supporters looking on. He abstained on all motions at his first meeting except one -- a $60,000 appropriation for the recall election. With only five council members present, Mrs. Kelley refused to vote for the appropriation, calling it "a wicked sum." Rumford, who was out of the room when the vote was taken, quickly returned for a reconsideration of the vote. That $60,000 he said with a smile, "is a good long-term investment."

PEACE ACTIVIST AQUITTED

WASHINGTON -- Comedian Dick Gregory and seven other peace activists were acquitted Tuesday of illegal entry and unlawful-assembly charges for praying at the White House before the Cambodian bombing halt. Superior Judge Charles Halleck said the White House was a public place and the assemblage had stopped only briefly to kneel and pray without obstructing traffic. "We were praying for peace and they arrested us," Gregory said. "You better believe it we had been praying for Richard Nixon's health they wouldn't have touched us.

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NAACP Hails Court Ruling

NEW YORK - Nathaniel R. Jones, NAACP General Counsel, hailed a decision by the Fifth U.S. Circuit Court of Appeals as "an important victory" because it held that the civil rights organization could intervene in a case involving the disputed Atlanta Compromise School Desegregation Plan.

Back To School

IT TAKES A NEW COURAGE

by MAURICE O'RAY
Observer Youth Editor

The thought of going back to school is an unpleasant one for the majority of young people. The monotonous learning process in schools holds very little immediate attractions for today's youth.

Even so, every year high school classrooms are filled with new faces. I have noticed a slight decrease in high school "drop outs" in Sacramento. Could it be that today's young blacks see nothing wrong with the educational system? Or is it more likely that people are realizing that the system needs intelligent, responsible individuals if it is to change. Education is an powerful a weapon for fighting injustice, that mankind could have devised.

The high school classroom is a dreary, boring place to be for nine months out of a year, but out of that dull classroom may come an individual who will end poverty, eliminate disease or make this country a decent place to live for black people.

I am not denouncing those who choose to remove themselves for the system. I merely hold the age-old belief that it takes far more courage to right the wrongs in this country than to turn your back, close your eyes and shut your mouth.

Young Blacks today are learning how to "Fight fire with fire." When you deal with the government, you're dealing with intellectuals, and ignorant you don't have anywhere to go but down.

It is only logical to pit intellect against intellect rather than gun against gun. This country can't change by bloodshed, for we would still have injustice and prejudice, we would have simply changed the color of the problem from white to black.

Today's classroom is indeed not the most comfortable place for learning, but if one was to consider the power derived from education one might agree that the physical surroundings are irrelevant so long as the learning process takes place.

So the next time you come to school remember this: Right now, for young blacks, education is the key because ignorant, we are a threat to no one but ourselves!

Everyone has the potential for being great, however we can only be great if we possess in our being the will to succeed. Education can help develop that strong will if we give it a chance.

You as an individual have so much to offer society and you can do it without giving up your own personal ideals or beliefs.

Liberation? It all starts in school. We must first seek knowledge of the disease before developing a cure. What better place to gain knowledge than an educational institution.

If you're in school, stay there, if you've dropped out then drop back in because you may not like education, but you can't do a damn thing without it!

So think about it and be the best "You" that you can!

FAIR ATTENDANCE DOWN...

(Continued from Page A-1)

er reaction council, get cooking tips at the demonstrator kitchens, and relax amid the orchids in the beautiful Floriculture Pavilion.

In Expo Center, there are home economics exhibits, international exhibits including the beatufiul Japanese exhibits with it's tea ceremony and flower arranging demonstration, dairy and wine exhibits, the Hall of Medicine, the excellent art show and art in action. Hours of free entertainment, including the Montie Montana Wild West Show and the Latter Day Sounds, to just mention two, also are planned.

Other free entertainment includes antique farm machinery, the livestock shows, Bank of America's $100,000 gold display at the Gem and Mineral Show, old west craftsman's fair, kids contests, and the exciting fireworks show.

The ski show is $1 or 75 for adults and 50 cents or 35 cents for children depending on day or evening performance.

The State Fair Rodeo is $4 for boxseats, $3 reserved seats and $2 general admission and $1 for children 12 and under.

STROLLING IN FASHION



The nipped waist suit is perfect for city strolling. The one-button jacket, at the left, tops a striding A-line skirt of wine or green. By Benson and Partners. Sizes 6-14. Jacket, $38. Skirt, $22. Blouse, $23. A smashing button down jacket, at right, with kicky front-pleat skirt in a lightweight wrinkle-resistant polyester/rayon combination. Beige only. By Willi Smith for Digits. Sizes 5-13, $42. These and other fashions, can be seen in the September issue of Essence Magazine. (Photo by Mel Dixon).

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Tragic Ending



Story of tragic suicide of former Temptations singing group member Paul Williams revealed on Page B-9.

Dr. Fort Takes Over Superintendent's Post

by J. SHAWN ORTIZ
Observer Staff Reporter

There is a concerned man in Sacramento who, along with the faculty and administration of the Sacramento City Unified School District, has the ultimate responsibility of educating the city's 50,000 public school children. His mind is sharp and it's no doubt he has the ability to balance several projects at the same time.

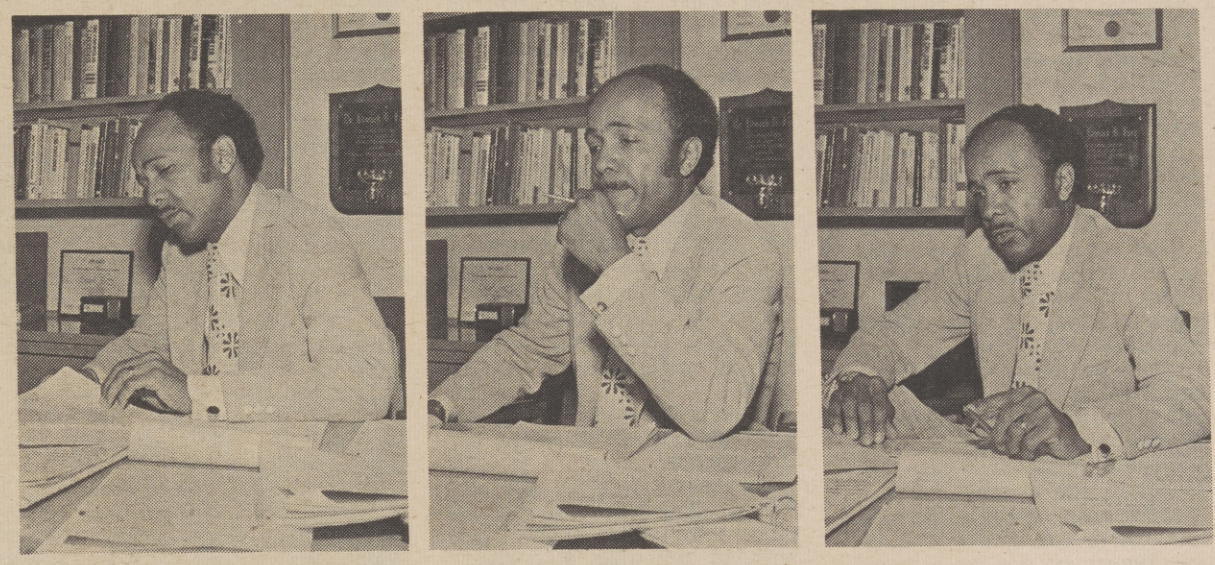
The man is Dr. Edward Fort, new Supertintendent of Sacramento City Schools. Dr. Fort takes the office of the Superintendent seriously. In the last few weeks, he has been planing a solid master plan from which to educate Sacramento youths.

In our interview with Dr. Fort, we found that he carefully economizes on words. He lays down his ideas point-by-point and leaves little to question. He is a man of action and his track record of professional excellence gives witness to the fact, that he is not about "jive." Dr. Fort is about work and education.

In taking over the office of Superintendent, Dr. Fort came in quite. He did not come into office among flamboyance or glittering fanfare. The lack of showing display will no doubt become his trademark as he leads education in Sacramento into the mid-70's.

"My number one priority for the district, is program development, especially for programs dealing with early childhood education," says Dr. Fort.

Recently, Dr. Fort related, Sacramento City Schools were awarded $230,000 by the California State Department of Education for the purpose of developing a pilot program aimed at early childhood education.



Superintendent in action...

The planning grant, comes ahead of nearly $25 million dollars pending the approval of the legislature. The program, Early Childhood Education, (ECE), has been proposed by State Superintendent of Public Instruction, Wilson Riles.

"We have five years to come up with a model," Dr. Fort states. The district has several schools currently in the experimental stages of ECE development, namely, Harkness, Edward Kimble, Wire, Mark Hopkins and C. W. Celervine, Elementary schools.

After you talk to Dr. Fort, there is little doubt about the importance of this new concept of education. He says research into ECE has concluded that children only a few years apart and in some cases only one year, difference, have been successfully utilized as instructional aides to young students.

"Studies have found that age-mixing, for example, children six and seven years of age, can effectively teach children five and younger through peer group instruction," said Dr. Fort.

Dr. Fort said the relationship enjoyed between children and teachers, has no age limit and that in some cases, children learn faster through peer groups than when they are instructed by adults.

"If anything, the in-class adult instructors, will be aided

(Continued on Page A-6)

The Sacramento Observer

OUR CITY

AUG. 30-SEPT. 5, 1973

OAK PARK CLUB PROPOSED

The Sacramento Urban League and some of Law Enforcement Association for Equality members have undertaken a project -- the development of the Oak Park Athletic Club. The purpose of the Club is to unite members from the criminal justice system and persons of all ages and ethnic groups.

The facility, previously the Black Museum is located at 3418 Broadway.

The effort is to provide for the community various gymnastic activities and body building exercises e.g., boxing, weight lifting, bars, sauna, exercising equipment, etc.

Contributions and donations may be sent to the Oak Park Athletic Club, 3418 Broadway, Sacramento, California, 95817. Or contact Connors at 635-5132 or Charles Hunt at 455-3779.

City Adopts $75 Million Budget

The Sacramento City Council this week voted to adopt the city's largest budget in history, a record $75.5 million. An item of interest in the record budget, was funds to maintain the controversial Oak Park Fire Station, which has been the subject of concern to both City Council and residents of the area, since the unveiling of the city's master plan for fire protection last fall.

Under the proposed master plan for fire protection for Sacramento, the Oak Park fire station would have been closed and a new fire station built in the Valley Hi area of the city, leaving Oak Park without a station.

The adoption of the master plan was voted on last week, but was not resolved, the vote by City Council ended in a tie. It was not until the return of Councilman, Rosenwald Robertson, from vacation this week, that the tie broke. Robertson cast his vote in favor of a compromise plan which would decrease the number of personnel and equipment at the Oak Park station and allow for it to remain open.

The action by City Council this week, allocated $217,000 to preserving the Oak Park station at it's current complement of men and equipment for a year. The action to adopt the historic budget also allows for the building of the Valley Hi station, which the city had hoped to staff with personnel from the Oak Park station.

The budget approved by City Council, was $11.4 million higher than City Manager, Richard Rathfon's budget, of $61 million he submitted six months ago. Accounting for the increase is the addition of $6 million in revenue sharing projects.

OBSERVER OFFICES OBSERVE HOLIDAY

All departments of THE SACRAMENTO OBSERVER, will be closed next Monday, September 3, 1973, in honor of Labor Day.

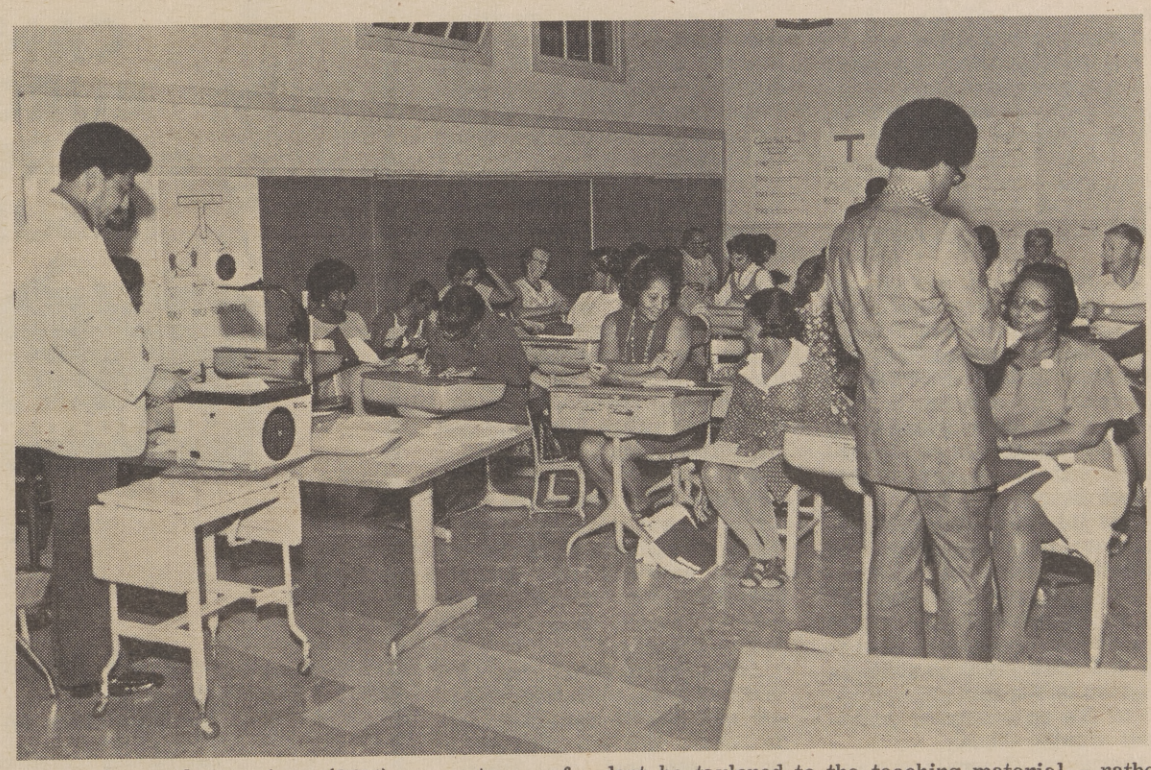
Labor Day is a holiday honoring working people. It is observed as a legal holiday on the first Monday in September throughout the United States, Puerto Rico, and Canada. Labor organizations sponsor various celebrations, but for most persons, it is a day of rest and recreation.

It also has become a symbol of the end of summer.

We, the staff of THE SACRAMENTO OBSERVER, hope you enjoy yourself, have fun, and be careful.

THE OBSERVER offices will be open again Tuesday, as usual. Deadline for all articles and advertisements, is Tuesday, 5:00 p.m.

UNIQUE TEACHING SYSTEM



Cogitative Style Mappings (CSM), a system of teaching students who have histories of learning handicaps, will be instrumented this fall within the Del Paso Heights Elementary School District. The systems identifies cultural characteristics, individualized teaching handicaps and personal learning development students. These identifications aid teachers to better perform their function of educating. The system is a radical departure from the traditional teaching modes, which stresses that the student be taylored to the teaching material - rather than the teaching material being taylored to fit the needs of the student. Shown are, left to right, CSM Consultant, Dr. Calvin Moore and Del Paso Heights Elementary School District Superintendent, Dr. Charles W. Townsel, instructing an in-service training program to district teachers. The classes, going on this week, have been conducted to educate the district's teachers in the uses of CSM.

Local Schools To Open Sept. 4

Classes will begin sessions at all levels in the Sacramento City Unified School District next Tuesday, September 4, for the 1973-74 school year.

Registration for all pupils beginning kindergarten or first grade and for all elementary pupils new to the district will begin Monday, August 20, 1973, and will continue until the opening of school. All elementary schools will be open from 8:30 a.m. until 4:30 p.m. during this period except for weekends and holidays.

Pupils entering kindergarten must have been born on or before December 2, 1968, and pupils entering first grade must have been born on or before December 2, 1967.

Parents are reminded that verification of date of birth is required at the time of registration for all entering kindergarten and first grade pupils. An official transfer form from another school district on which the birthdate is given is acceptable for other pupils who are new to our district.

Pupils who are entering from a preschool or children's center program from within our school district and whose records indicate a verified birthdate are to be accepted without further birthdate verification being required.

Delay in enrolling will be avoided if parents bring to the school verification of date of birth in the form of a birth certificate, duly attested baptismal certificate, passport or affidavit of the pupil's parent, guardian, or custodian.

Registration for all students at the junior high school level who are new to the district will begin Friday, August 24, 1973, from 8:30 a.m. until 4:00 p.m., and will continue until school opens.

Birthdate verification must be presented at the time of registration in the form of an official transfer from another school district, a birth certificate, duly attested baptismal certificate, passport, or an affidavit of the student's parent, guardian, or custodian.

Registration dates for Adult Education programs are: Fremont Adult, Monday, August 27; Hiram Johnson Adult, Tuesday, Sept. 4; Luther Burbank Adult, Tuesday, Sept. 4; and the Skills and Business Education Center have open registration.

All pupils, kindergarten thru 12th grade, who are legal residents of another school district, must have a written release from their district of residence to enroll in schools of this district and must possess an interdistrict permit in accordance with the policy of this school district.

This interdistrict permit requirement does not apply to adult education classes or students.

The California law now requires all public school pupils in grades kindergarten through 12, and adult eucation students must be immunized against polio or file an exemption statement with the school.

Therefore, all pupils who are new to the district should arrange to begin a polio immunization series for they will be granted only 10 days of conditional enrollment within which to file evidence of immunization or an exemption statement.

Pupils who were enrolled in the Sacramento City Unified School District but have not completed their polio immunization series will be granted only 10 days of conditional enrollment within which to file evidence with the school of the next successive immunization of the same type as they had received (Salk or either type of Sabin immunization) or must file an exemption statement.

New or returning pupils who do not comply with these conditions will be dismissed from school at the end of the 10 day conditional enrollment.

The California law also requires every pupil upon his first admission to a school in California, to provide evidence of immunization against measels (rubeola), diphtheria, pertussus (whooping cough), and tetnus within two weeks of first enrollment or file an exemption statement with the school.

Pupils who have been enrolled in a California public school are not subject to this provision.

For additional information about the City's District schools, one should contact the city district office, at 444-6060.

FIRST-TERMER OF THE MONTH NAMED

McClellan AFB - For the first time in 552nd Airborne Early Warning and Control Wing history, a woman has been chosen as the First-Termer of the Month.

Sergeant Jeanetta Critchlow, of the Wing Safety Office, competed against men from the various squadrons of the Wing and was selected the top first-termer by a board of senior noncommissioned officers. The board chose her the July First-Termer of the Month for her knowledge of military history, bearing and personal appearance.

In May she was selected as the Headquarters Squadron top first-termer.

Sergeant Critchlow is an administrative specialist and arrived here in March with her husband following an assignment at Otis AFB, Mass. She has been in the Air Force three years and plans on making the Air Force a career.

Her husband, SSgt. Jerry Critchlow, is also a career man. He is presently the Special Project Noncommissioned Officer for the Senior Airman Advisor.



JEANETTA CRITCHLOW

Raid Nets $200,000 In Narcotics

California State Narcotics Bureau agents, in conjunction with the Sacramento Police Department, concluded a six-month investigation this week, which resulted in the arrest of Surre Cannon, 40, and Miss Yvonne D. Jackson, 21, of 3540 Y Street. The pair were arrested, following a search of their apartment which lead to the discovery of a reported $200,000 in narcotics.

According to Mel Cozzalio, supervising field agent for the State Narcotic Bureau, "It's the biggest amount I've seen in Sacramento in my 13 years here."

The search of the apartment uncovered 24 ounces of suspected heroin and two large bottles of Methodone, the substance used by heroin addicts attempting to break the habit. Also found, were several bags of suspected heroin in Cannon's automobile.

Both Cannon and Miss Jackson, were charged with possession of heroin, possession of heroin for sale, possession of Methodone and with carrying a weapon in the commision of a felony.

According to press reports, the heroin is suspected to have come from Mexico. The investigation began last March, and according to Cozzalio, the narcotics seized would have been worth an estimated $200,000 if it had gotten to the streets. Cozzalio said "it could have sold for more, depending upon how it's sold."

According to police, the arrest was made when Miss Jackson was leaving the apartment for work. She was greeted by seven state and local police, who then surrounded the apartment with guns drawn. Miss Jackson's son opened the door to authorities, who then took Cannon by "surprise."

Miss Jackson, at the time of her arrest, listed her occupations as a stenographer for the legislature. Miss Jackson is employed by the Engrossing and Enrollment Department of the Assembly. According to Fred Taugher, Chief Administrative Officer of the Assembly, no immediate action will be taken on the position of Miss Jackson's arrest.



SAEOC Summer Program Adjourns

by CLEORA BRADLEY
Observer Staff Reporter

The Sacramento Area Economic Opportunity Council, (SAEOC), last week made out the last pay checks for this year's summer-work program. This means that those 550 youths hired by the agency this summer, have been let go.

Perhaps the program will resume next year but what happens to those youngsters until then?

Those who are lucky, might be accepted into the other work training program sponsored by SAEOC, which operates during the school year. And yet, there is some doubt on the part of staff members, as to rather those accepted for that program, can be considered lucky or not.

According to Ike Isaac, summer work program counselor, in order for a young person to qualify for that program, he or she must be between 17 and 18 years of age, and a high school drop out.

This requirement, then, provides little if any incentive to youngsters who would like to continue in school but who must, for financial reasons, work. For such a youngster, the choice might be to drop out of school just so that he can continue to enjoy the benefits derived from working, even though such a choice would effect his entire life.

This is one of the faults that SAEOC Director, John Robinson, has found with the summer work program being phased out at the beginning of the new school year.

Anyone working in the program during the summer months, would have a job that could offer even greater work experience when school started. Robinson has said that his agency is extremely greatful for the funds made available by the Sacramento Board of Supervisors, for this year's work session.

"However," he stated, "we do hope that future work programs can include year around jobs for youngsters whether they are in school or not."

Robinson was one of the CAP Directors who brought a suit against the government after the President impounded federal funds that had been previously allotted by Congress. This suit was in progress when the Supervisors decided to use revenue sharing funds to support this year's work session. Had this decision not been made, those youngsters hired by SAEOC would not have had the opportunity to work this summer.

There are a number of young persons who worked in the program this year, who are not in school. According to Isaac, these individuals, are a little older than some of the others, but the problems they face are just as pronounced. One young man, who comes from a family of ten children, said his job has helped him to pay his share of the living expenses for their family. Under the present rules this person is too old to transfer to the work program even though he is a drop out.

Officials say that there is just a few places where a young man can go and wait for next summer to come again. One of those places is the park, like McClatchy Park. "Drive through a month from now and many of the workers of today, will be there, waiting," one observer said.

Waiting for what? Well . . .

Perhaps for next summer, and the jobs that were taken away this week. Or maybe for a Board of Supervisors who its hoped, will respond to the needs of our youth on a year-around basis, just as they met those needs this summer.

Young Says Rights Fight Has Shifted

WASHINGTON - Rep. Andrew Young (D-Ga.), former executive director of the Southern Christian Leadership Conference, told a meeting of the American Federation of Teachers, that the civil rights struggle has now moved into the classroom.

Speaking at a civil rights luncheon that was part of the AFT's annual convention, Young told the teachers that the schools, once used to further racial segregation, are now a vehicle for segregation by class.

"We have three types of schools: public education for the poor, parochial schools for the middle class in big cities, and private schools doing in the North along economic lines what private schools did in the south for racial reasons."

Young said he saw "creeping polarization in every segment of our society," and that he saw "the challenge to protect and save our public schools" as "the only way that our nation can remain united."

The AFT, composed of union - affiliated, big-city teachers, is proud both of its civil rights record and of its ties to the labor movement. It has a membership of 375,000 compared to 1.3 million membership of its rival, The National Education Association.



YOUNG

Higgins Blasts Commission

The Reverend S. L. Higgins, in a letter to the City Council, and the County Board of Supervisors, charged this week that the Sacramento Human Relations Commission's Board of Directors with incompetence. Rev. Higgins, a former task force member with the commission, asserted that the functions of the agency were being hampered by "petty politics," "limited budget," and incompetence.

Rev. Higgins charged that a combination of things are, in his opinion, at the heart of the "demoralizing" conditions of the present commission. The minister suggested that certain unnamed persons currently serving on the commission be removed due to incompetence and that "intelligent people be appointed with experience in dealing with human relations type problems."

Rev. Higgins, who aided in the fight to maintina HRC Executive Director, Robert Tyler, following a move by the board to remove him added that the fight against the commission is not over.

Tyler has since resigned from his executive director's position.

"Phase II of the case against the HRC as it is presently constituted should began now," said Higgins, in a letter to both City Council and the County Board of Supervisors.

The vocal leader, suggesting in light of his charges that the commission should be reformulated, and reconstructed and that a budget be appropriated that will reflect the needs of human relations in Sacramento County.

Rev. Higgins also suggested that the appointing bodies adopt selection guidelines and personnel management procedures which would hopefully avoid any future administrative problems.

1973-74 CAMPUS OBSERVER TO BE PUBLISHED

The Campus Observer, the youth publication of THE SACRAMENTO OBSERVER, will resume it's school year publishing on September 13. The Campus Observer will be published every other week - total of twenty issues for the 1973-74 school year.

Anyone interested in contributing information to the Black youth oriented publication, can call THE OBSERVER Office, 452-4781.

Maurice O'Ray is editor.

Oak Park Fire Station To Remain

by J. SHAWN ORTIZ
Observer Staff Reporter

For the residents and businesses of the Oak Park community and area fire stations may someday become a thing of the past. Much like the famous Fourth of July parades which use to joyously march up and down 35th Street. However, in exchange for the concerned residents, city management can joyously march all the way to the bank allegedly saving the city one-million dollars.

In short, residents and businesses in Oak Park, will have to wait five more years to know whether they will have a permanent fire station or one "just about to move."

The City Council split last week in their move to decide

(Continued on page A-6)

WHAT'S HAPPENING TO YOUR GAS AND ELECTRIC BILL?

You won't like it. We don't like it. But it's happening. Your monthly utility bill is going to get bigger and bigger.

Here's a look at the reasons why.

HIGHER FUEL COSTS.

Most of our steam-electric power plants are fueled by natural gas or oil. Unfortunately the cost of both fuels has gone up and will go up higher.

The search for new gas supplies, including exploration in Canada and the Alaskan north slope, is expensive. Such gas will cost more initially, and bringing it from greater distances will add to its price. Alternatives such as gas made from oil or coal, and imported liquefied natural gas could cost even more.

Besides natural gas, low-sulfur oil is the only acceptable fossil fuel for these steam-electric power plants under present air pollution control standards. And we have to pay high premium prices for low-sulfur oil.

CONSTRUCTION SCHEDULE DELAYS.

Regulatory procedures, requiring 30 or more permits from public agencies, are taking longer and longer. And new laws and regulations have established more complicated procedures for plant siting and construction. All these slow down construction schedules, and inflation alone is adding substantially to costs during these periods of delay.

ENVIRONMENTAL COSTS.

Communities have become a lot more attractive since we started putting power lines underground. But it costs money. So does building and landscaping esthetically pleasing plants, minimizing stack emissions and cooling water discharged from power plants. In fact, during the 1973-1976 period PG&E's environmental expenditures will exceed $300 million.

HIGHER INTEREST RATES.

Utilities are "capital intensive" industries. That means, when we build new facilities we have to raise vast sums of capital ($450 million this year). And interest rates have risen from about 4½% in 1965 to about 8% today. Interest alone adds millions to the cost of supplying you with dependable utility service.

All these factors, plus continuing inflationary pressures which affect every business, result in higher costs for PG&E and higher bills for you.

The era of plentiful natural gas and electricity at the low rates you have become accustomed to is over. But considering all it does for you and your family, utility service will continue to be a household bargain. PG&E is doing its best to hold down costs wherever possible, without sacrificing the environment or the quality and reliability of your service. You can help—by not wasting gas or electricity.

PG and E

Registration For Oak Park Center

Registration procedure and class schedule for Oak Park Counseling Center, was announced by William A. Smith, Special Programs Director at Sacramento City College.

The classes include: Social science 40 - The Black Man in America, Mondays and Wednesdays, 5:00 p.m. to 6:15 p.m., three units; Music 8 - Listener's Guide to Music: Twentieth Century, Tuesdays and Thursdays, 8:00 p.m. to 9:15 p.m., three units; History 14 - History of the United States, Afro-American Emphasis, Mondays and Wednesdays, 6:30 p.m. to 7:45 p.m., three units; English 40 - Black American Literature, Mondays and Wednesdays, 8:00 p.m., to 9:15 p.m., three units; Art 7 - Survey of African Art, Tuesdays and Thursdays, 5:00 p.m. to 6:15 p.m., three units; Administration of Justice 91 - Contemporary Justice Problems, Tuesdays and Thursdays, 6:30 p.m., to 7:45 p.m., one to three units.

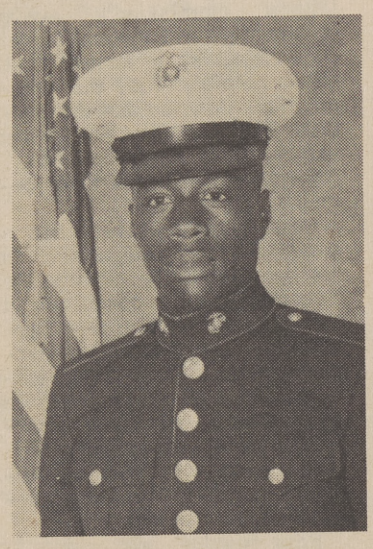
Smith noted that the Oak Park Counseling Center, located at 3635 4th Avenue (4th and Broadway), will be open September 11, 1973.

Students may also register for classes during the Evening College arena registration which will be held September 4 and 5, 1973. The on-campus registration will be conducted in the college cafeteria. Surnames beginning with letters A-L, sign-up on Tuesday, September 4, and last names beginning with letters M-Z, on Wednesday, September 5, 1973. The hours of registration are 7:00 p.m. to 9:00 p.m.

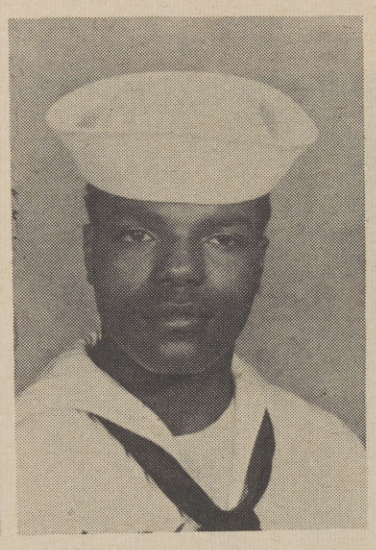
Ms. Collins noted that counseling services will be available to interested individuals on Monday through Thursday, from 2:00 p.m. to 10:00 p.m., and Fridays from 12:00 noon, to 2:00 p.m.

Further information may be obtained by calling 449-7407 or 449-7309.

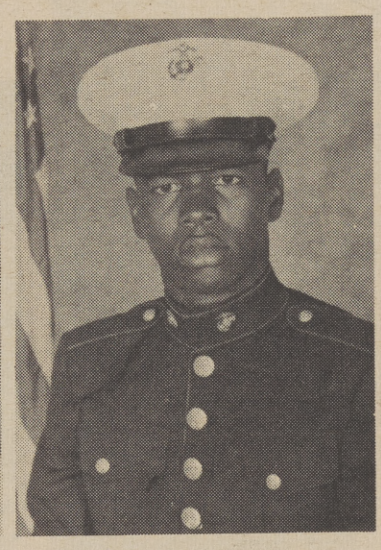
Local Men In The Military



Marine Pfc. Cedric D. Owens, son of Mrs. Ethel Singleton of 3711 42nd Avenue, Sacramento, graduated from basic training at the Marine Corps Recruit Depot, in San Diego.



Navy Fireman Recruit, Marvin C. Singleton, grandson of Mrs. Odell Singleton of 3800 40th Street, Sacramento, graduated from recruit training at the Naval Training Center in San Diego.



Marine Pvt. Johnny L. Graves, son of Mrs. Esterlene Graves of 7712 Mary Lou Way, Sacramento, graduated from basic training at the Marine Corps Recruit Depot, in San Diego.

Fire Station Saved...

(Continued from Page A-5)

the issue of fire protection for Oak Park. Council members Philip L. Isenberg, Anne Rudin and Ritz Naygrow, were in favor of not closing the fire station and aided in compromising fellow council members into adopting Sacramento Fire Chief William Powell's proposal to reduce the equipment and personnel at the station. The compromise saved the station from closing altogether, but left the station at the mercy of a yearly review for the next five years.

Last week's city council meeting concluded several months of policy planning under the controversial "master plan."

The fire station in question, is located on 4th Avenue between 34th and 35th Street.

The plan to close the Oak Park station was attacked and debated vigorously by residents of the area. Claims coming from residents charged that the closing of the station would send already high insurance costs skyrocketing beyond expectations. Other critics of the proposed closure, stated that the area would lose businesses still in the Oak Park district.

The compromise will leave the station with five men and a combined hook and ladder truck.

CHP To Bolster Forces For Holiday

The black and white squad cars of the California Highway Patrol will be on the road an additional 15,326 hours during the upcoming Labor Day Weekend in a concentrated crackdown to reduce traffic deaths, it was announced this week.

"The drinker, the narcotics user, the tailgater, the speeder, slow drivers in fast freeway lands -- we will be out to get them in particular," CHP Commissioner Walter Pudinski said.

Although the five-day program will be "statewide in scope," 40 highrisk locations have been singled out for intensive coverage, according to Pudinski.

The overtime program, which Pudinski predicted would better the state safety record compiled last year, will be financed with $300,000 in federal funds channeled to the patrol through the state office of Traffic Safety. Forty-eight persons died in traffic crashes last Labor Day.

Pudinski said the money would be used for overtime pay, gas and vehicle operations and to pay officers who later have to testify regarding arrests.

VISNICH TO RUN FOR SCHOOL BOARD

Dan Visnich, who recently forced the county board of education to reapportion because of unequal representation for the City of Sacramento, this week announced he would be a candidate for the school board November 6.

Former president of Sierra School PTA, Visnich has opposed construction of a multi-million dollar county education office, terming it a "boondoggle," and said he would continue the fight against it.

Fort Takes Over Superintendent's Post ...

(Continued from Page A-3)

both by the peer group youngsters and instructional aides," said the superintendent.

Dr. Fort has outlined a master plan for the district in "career development" with exposure to various professions, beginning as early as the third grade. He cited a program which originated in Santa Barbara, California, which aided youngsters five and six to better understand the professional environment which surrounds them daily. The program equiped the students with tape recordings, pencils and tablets, which they used to interview anyone they came in contact with.

"The program in Santa Barbara, gave students a working understanding of the professional world they will someday join," said Dr. Fort.

According to the articulate administrator, graduates from Sacramento schools, should be armed with a "diploma he or she can read, a marketable skill for his later life and be able to satisfactorily read and write."

To accomplish these goals, Dr. Fort has proposed a massive switch from the traditional three R's, to a system which provided the student with the tools to meet these objectives. The immediate impact of the career education program proposed by the superintendent, will be felt by junior high school and senior high school students first.

The superintendent said Career Education is not the traditional vocational training practiced by the nation's schools for the last half century. The type of career education envisioned by the superintendent includes radio, television, journalism, broadcasting, photography, careers in business, etc.

Internships whereby a student spends one full semester away from his home campus studying with practicing professionals, has already begun within the district. The "executive internship program" of the city school district, has met with success in it's first year of operation and is expected to increase it's scope of operation and the number of interns during the 1973-74 school year.

Dr. Fort also revealed, that plans are in the making for increased utilizing the computer currently in operation at the John F. Kennedy high school campus. The computer, which is donated by the Jet Propultion Laboratories of Pasadena, California, in the past, has been primarily used to give instant print-outs on attendance. The superintendent now envisions the computer as a data-center for career planning and education.

"We hope to program it so that it will determine who is going to drop out and who wants to be a lawyer or doctor, or whatever," said Dr. Fort.

On the subject of Sacramento High School, Dr. Fort said there is tremendous concern to "rebuild" the school.

He cited the example of the Skyline Center in Houston, Texas. The center was built at a cost of $86 million and is the most advanced center for high school education in the country. The Texas center has "educational clusters" which range from agribulture to advanced aerospace engineering and electronic communications.

He assured us that Sacramento High School will not be rebult for $86 million, nor would it rival the Skyline Center, but he does hope to have it rebuilt to incorporate as many of the "educational clusters" as a $20 million budget will allow for.

"We want to take as many of the ideas and features as we can from the Texas center, all within the budget we are authorized to expand," said the superintendent.

Dr. Fort is leading the Sacramento City Unified School District into the mid-70's. His job is an extremely difficult one, for he must plan the education of our local children - many of whom will be tomorrows local citizens.

He's prepared and dedicated. We wish him well.

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'73 State Fair

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Debra, Denise and Jacquis Stevenson, ages 16, 13 and 9 years, children of Mrs. Exetta Stevenson, an employee of USAF at McClellan AFB, children attend Johnson High School, Albert Einstein Junior High School and A. M. Winn Elementary School. Paddle boat in the lagoon.





Roger Hunt and Orlando Young, 9 and 10 years, ride the Sky Ride at Fair. Both boys attend Mc-Clellan Elementary School.



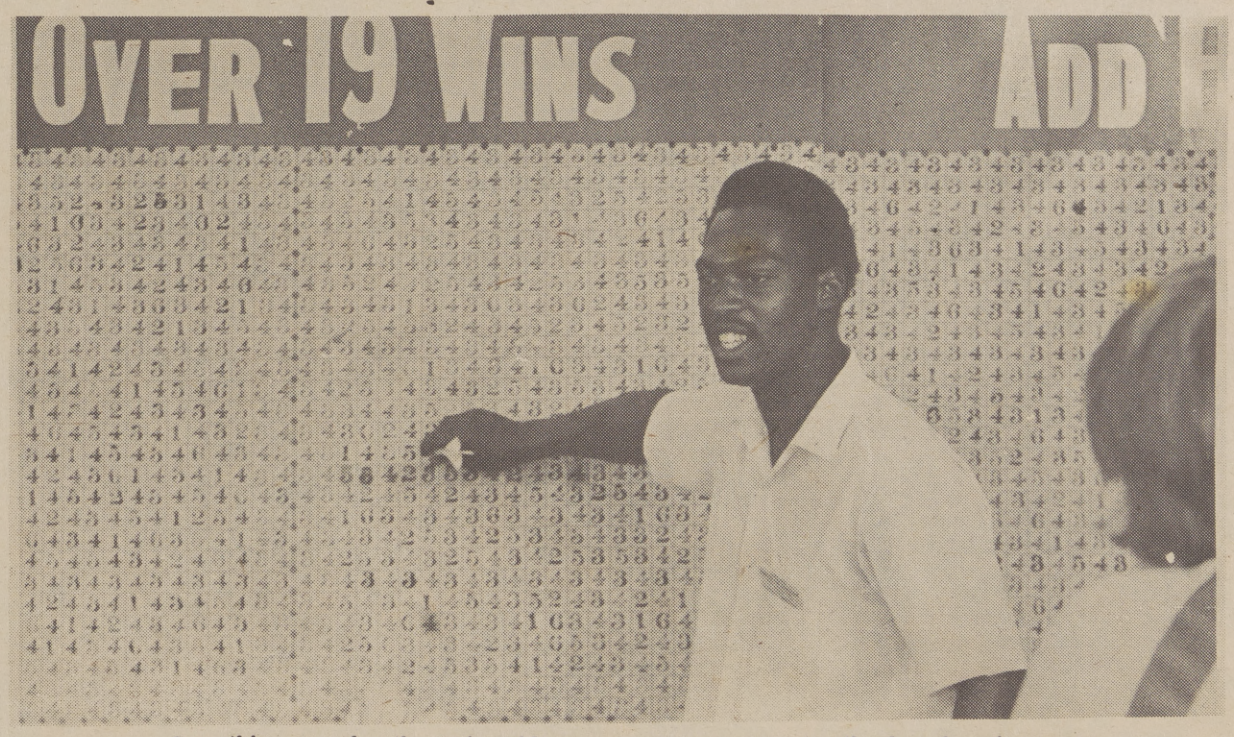
Mark Anthony Jefferies, age 6 years, visiting fair from San Francisco finishing ride on the "Sleepy Hollow Stage Ride" Replica of Old stage coach.

(Photos on this Page are OBSERVER Photos by Photographer Calvin C. Wilcox)

The still big crowd at the closing of the opening ceremony at the front gate.



Too much State Fair. Melony Jefferies of San Francisco, sleeps.



Something new for the Fair Midway. A Black booth operator of the "Atlas Greatest Shows Co.," operates the dart throwing game.

Grant District Holds In-Service Day

Preparing for the new school year opening September 4, over 1,000 employees of the Grant High School District will take part August 30 in a district-wide in-service day for all categories of school personnel. Set to begin at 8:45 a.m., in the main ballroom at the Woodlake Inn, the session will be introduced by District Board Chairman, Charles D. Wood.

A major feature of the program will be introduction by Superintendent, Edward T. Walsh, of the district's impending Human Relations Development Program. This program will be conducted over several years under the direction of Josie B. Lott and Agustin Mots of the District Human Relations Office. They will be assisted by Dr. Marie Fielder, a national authority on interpersonal and intergroup dynamics.

Included on the day's program, is a study tour via bus fleet in order to increase acquaintance with the various economic, social, and geographical conditions within the 105 square mile school district. The district includes metropolitan, suburban, and rural agricultural areas with a wide range of economic, ethnic, and racial backgrounds in its population. During the tour, twenty volunteer resource people from different areas of the Grant School District will make their community knowledge available to the district's employees.

Chairing the citizens' committee which will provide community resource guides is Wendell Echols.

PT&T Helps Beautify Del Paso Heights

Pacific Telephone Co., in an effort to help beautify proposed Del Paso Heights senior citizen housing, will remove some 800 feet of overhead telephone lines and place them underground.

William G. Seline, executive director of the Sacramento Housing and Redevelopment Agency which is sponsoring the proposed housing project, said he has been notified by Harold B. Haught, vice president for customer operations in PT&T's northern sector, that his company will assume the $16,000 cost involved.

The overhead cables will be removed from an alley which is bounded by Roanoke and Grand Avenue and Rio Linda Boulevard and Cypress Street.

"We are extremely grateful for the telephone company's efforts and wish to commend its representatives for their civic-minded attitude and appreciation of aesthetics," said Seline.

"Placement of the telephone lines underground, will be an enormous asset to the development."

Authorization for the elderly public housing development, which will be adjacent to the new Del Paso Heights Library, was received by the redevelopment agency officials in May.

The project will involve construction of 40 units. Plans call for a considerable amount of open space and heavy landscaping.

The units will be placed in two 16-unit clusters and one eight-unit arrangement with a large recreation - commons building centrally located to accommodate all residents.

Designing and planning of the development is in progress now.

Nixon Plans New Proposals For The Poor

By PAUL H. WYCHE, JR.
National Black News Service

WASHINGTON -- A sweeping package of programs designed to aid the poor is expected to be proposed by President Nixon shortly which would shift federal aid payments from governments and institutions to individuals.

"The basic idea is to let people have more choice," said Health, Education and Welfare Secretary Caspar Weinberger, one of the two architects of the plan.

The plan, which is being refined now, is expected to go to the President this fall. Nixon is likely to send all or most of the plans to Congress for its approval.

This plan would parallel former President Lyndon Johnson's "Great Society" programs for the poor and disadvantaged.

Weinberger admitted that the primary objective of the program will be to increase the freedom of choice and get more of the money to those who need it, rather than bureaucrats who take most of the money as in many programs in the past.

As part of the overall plan, Weinberger said he expected food allotments under the food stamp program to be increased substantially in light of skyrocketing grocery costs.

Food stamps have been increased substantially over the past four years.

In addition, the President is planning to pay about $1 billion in scholarships to 1 1/2 million needy students next year, and a number of other students would get part of another $1.6 billion in federally guaranteed loans approved by the Congress.

The government is also taking a look at compulsory national health insurance system. One plan is modeled after the Federal Employees Health benefit plan and the other is patterned after the National Health Insurance program the President proposed in 1971 but was rejected by the Congress.

Both of the programs would work through private insurance companies and premiums would be paid by the employee and the employer. The government would pay all or most of the premium for poor people.



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No. 484—Flat knit with panty top	4.95	4.25	8.25	16.25
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A PREVIEW OF THINGS TO COME



A preview of things to come from the 1974 Chrysler Imperials, is an optional supersoft leather trim, available in seven colors. A unique tanning process provides the leather with a softness comparable to glove leather. Standard interior trim in the 1974 Imperial is ribbed velour offered in six colors. The lovely model here, demonstrates the driving appeal of the leather. The Imperials will be available in mid-September from local dealers.

The Sacramento Observer

SECTION B

OBSERVATIONS

AUG. 30-SEPT. 5, 1973

'SYLVERS' COME TO CITY



Saturday, September 8th, Sacramento will be the host of one of the hottest group in the music industry; the fabulous "Sylvers." The concert sponsored by KFBK and KOVR will be for the benefit of the Sacramento NAACP Youth Council. The Sylvers latest recorded hit is "Stay Away From Me." The concert will be held at the Memorial Auditorie

THE 'FURST FAMILY'



Theresa Merritt, Godfrey Cambridge and Theodore Wilson, left to right, star in "The Furst Family of Washington," a Screen Gems half-hour comedy special for ABC-TV airing Tuesday, Sept. 11 at 8 p.m., KOVR-TV Channel 13.

A CHICKEN IN EVERY POT: FACT OR FICTION?

With constantly rising food prices putting a pinch on everybody's pockets, and especially those which weren't lined with much cash in the first place, why don't our "leaders" gather massive support from all of us consumers and advocates an indefinite nationwide boycott of one specific food product to let the food producers know that we will not pay such inflationary prices?

To go the grocery stores these days is a frightening, if not harrowing, experience. It's almost as if the consumer is playing Roussian Roulette with his food dollars which don't go as far as they used to. The good old five-cent cigar now costs closer to 50 cents. How times have changed.

The Department of Labor's Consumer Price Index revealed last week that a bag of groceries which cost $10 in 1967, cost $13.27 last month, up from $12.55 in July, 1972.

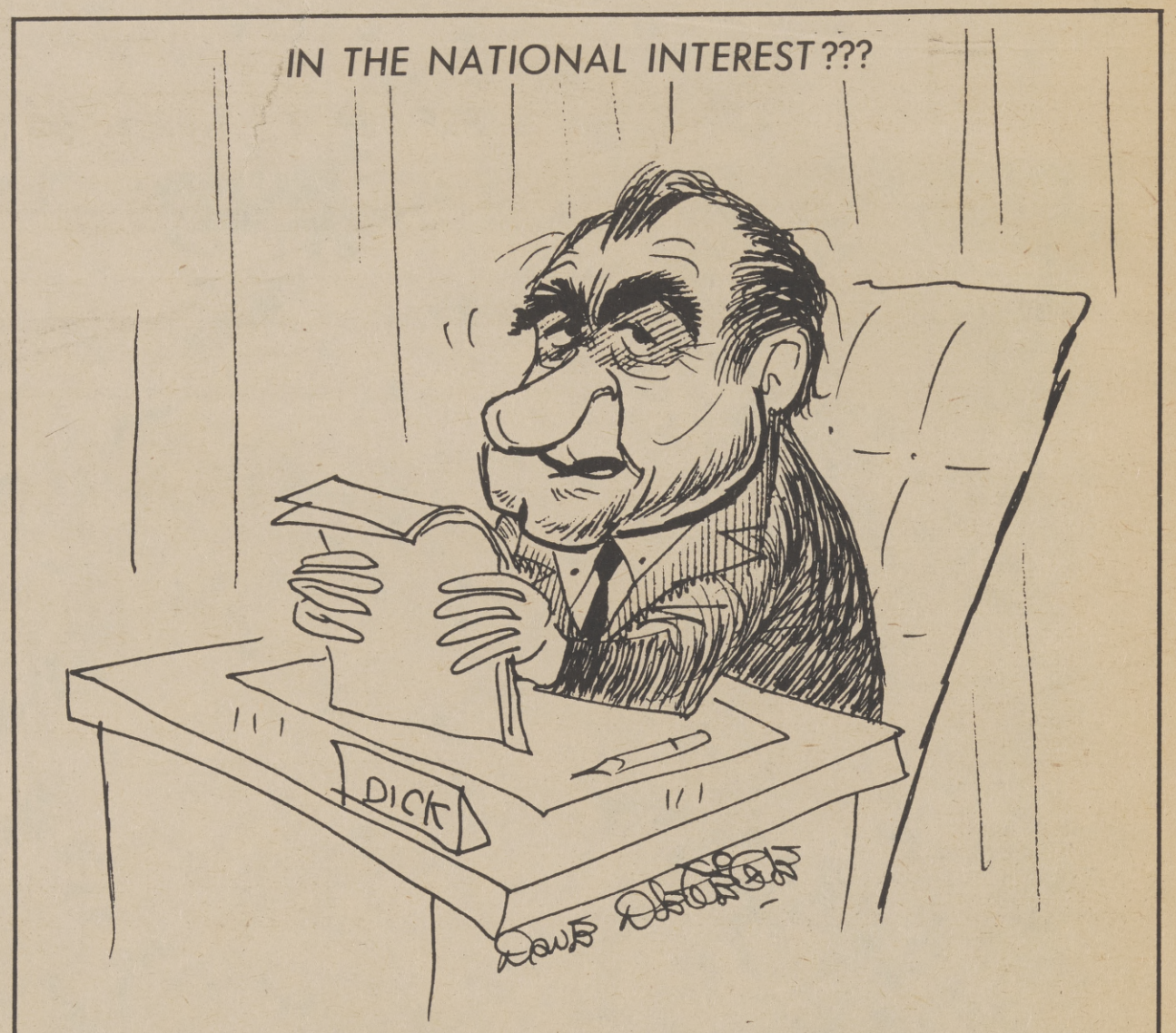
Unfortunately, many of us, accustomed to having meat on the table, have played into the hands of speculative food producers who contend they're just trying to increase their margin of profit. After all, food production is a money-making business to them, although we consumers see many of these products as life-sustaining elements.

While producers are holding their cattle off the market and drowning baby chicks, consumers are confronted with spiraling food prices: poultry is up nine per cent, fruits and vegetables are up 1.6 per cent.

Washington area shoppers can take little comfort in knowing that poultry is now 83 cents-a-pound, down from 95 cents, or that center cut loin pork chops now sell for $1.79-a-pound, rather than $2.13.

And, these food prices will probabely soar even

(Continued on Page B-4)



TO BE EQUAL

Ten Years Since The March

by VERNON JORDAN
Urban League Executive Director

Ten years ago, on August 28, 1963, a quarter of a million Americans, Blacks and whites together, gathered at the Lincoln Memorial in Washington, D. C., in the biggest, most stirring demonstration of solidarity for human freedom yet seen.

That great March on Washington for Jobs and Freedom, has gone down in history books as a pivotal event that helped turn this country around. Today, we can see it as the high-water mark of the civil rights movement, the symbolic event that helped move the conscience of the nation.



JORDAN

The March led to passage of the landmark Civil Rights Act of 1964, and it set a national mood that allowed other basic civil rights laws and executive actions to take place.

Too many people have forgotten what America was like ten years ago. They've forgotten the legal structures of Jim Crow, the spearate drinking fountains and white-only lunch counters that made Black people third-class citizens in their own country.

The March was for Jobs and Freedom, and the freedoms have largely been won as a result of the efforts of the civil rights movement that marched to Washington. Anyone familiar with the pre-March South can see the fantastic changes that have taken place. While the North's more subtle discrimination has proven a tougher nut to crack, the March resulted in legal instruments that can be used there, too.

The March then, has become a symbol of revolutionary changes in American life. But it would be a mistake to think, as many do, that the goals of the March have been won. The rights Black people secured in the 1960's, are legal rights that can atrophy if they are not vigorously implemented and enforced.

And the March was for jobs, as well as for freedom. That part has not been delivered at all. A. Philip Randolph, the great Black leader whose idea the March was, insisted on tying the two - jobs and freedom - together. He realized that without economic security, freedom was a fragile thing, without substance and without defenses.

So the goals of the March still have to be won, but a nation that was profoundly sitrred in 1963 has, in 1973, become cynical and callous. It thinks it's obligations have been discharged by changing a few laws and relaxing some racist practices while leaving others intact.

(Continued on Page B-4)

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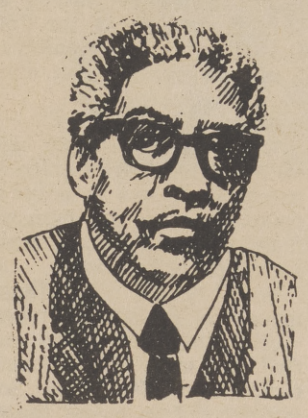
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The March On Washington Revisited

by BAYARD RUSTIN
A. Philip Randolph Institute

Ten years have come and gone since the March on Washington awakened America's moral consciousness to the cause of racial equality. A quarter of a million people participated in a demonstration which would be copied, but never duplicated, in later years. Other millions listened while Martin Luther King told of his dream, and found themselves no longer ambivalent about the Negro's right to be "free at last."

The March was a fulfillment of the social vision of A. Philip Randolph, a man capable, as no other civil rights leader was capable, of reconciling high idealism with pragmatic accomplishment. Twenty-two years earlier, as America lurched from depression to war-time preparation, Randolph proposed that Negroes march on Washington to demand that a nation which asked them to risk their lives guarantee their access to an expanding economy as well.



RUSTIN

The original march was ultimately called off, but not until President Roosevelt had issued the Executive Order establishing a Fair Employment Practices Commission for the defense industry, a move which effectively brought the Negro into industrial America.

By 1963, Randolph believed it was time to broaden the Negro agenda to include demands for basic social and economic rights. To the demand for freedom, he joined a specific program for economic justice. Thus, the March ultimately came to be known as a march for "Jobs and Freedom."

Randolph saw the Negro as the vanguard of a movement to remake and democratize the nation's economic structure. "The sanctity of private property," he told those assembled at the Lincoln Memorial, "takes second place to the sanctity of the human personality. It falls to the Negro to reassert this priority of values, because our ancestors were transformed from human personalities into private property. It falls on us to demand full employment and to put automation at the service of human needs, not at the service of profits."

Those who detract from the March contend that the soaring rhetoric and high hopes of the day have not been matched by racial progress. The intervening years, they say in retrospect, have left Blacks little better off than the days of Jim Crow that preceded the March.

Certainly the pace of progress has not been sufficient to satisfy a legitimately revolutionary rise in expectations. And it is important for Blacks and their allies to press ahead with the struggle for economic and social equality, and not fall victim to disillusionment when progress is slow.

But we must also recognize the considerable progress Blacks have made in the years since the March. The passage of three civil rights bills - the 1964 Civil Rights Act, the Voting Rights Act, and open housing - have destroyed the legal institutions of segregation and discrimination. Black voter registration in the South has increased by two million, and the shrill racism of Ross Barnett has been replaced by more moderate voices.

There is no more sitting in the back of the bus; the vast majority of public accommodations serve Blacks and whites on an equal basis. Negroes are no longer automatically consigned to the worst jobs; they are increasingly visible as skilled tradesmen, professionals, factory operatives, and in government.

High school students are less likely to drop out; the Black graduate is in fact as likely as his white classmate to enroll in college. The Black worker is much more likely to belong to a union, and to enjoy the wages, benefits and security of union contracts.

The March by itself was not responsible for the passage of laws or the economic and social progress for the past decade. No single demonstration and no individual civil rights leader could have been.

But the March offered a national forum for the demands which were to shape the civil rights movement and the liberal agenda for the years ahead.

It was a program which addressed itself to all poor people, calling for a massive job training program, full employment, a decent minimum wage, and the extension of the Fair Labor Standards Act to embrace all workers.

Not all the demands of the March have been met, of course, particularly those addressed to basic economic change. There is still widespread poverty and unemployment, and we still have economic policies which permit raging inflation to eat away at the living conditions of poor and working people.

But the program enunciated at the March remains the only valid program to remake America, and the symbolic unity of Blacks, labor and mainstream liberals remains the only viable political means to make this program work.

New Hope For The Aging American

by AUGUSTUS F. HAWKINS
California First Black Congressman

With all of the newspaper headlines centered on the Watergate Conspiracy and its investigation by the Senate Select Committee on Presidential Campaign actions, it may appear to some Americans that Congress is really "mired" in Watergate. On the contrary, the Congress has been industriously involved in analyzing the nation's problems and concerns, and developing appropriate legislation for resolving these concerns.

The House Committee on Education and Labor, on which I serve as a member, is a fine example of one of the units within Congress, that has functioned well, in spite of the attention devoted by the press to Watergate.

In the First Session of the Ninety-Third Congress, I have been involved in innumerable hearings, committee meetings, floor debates, and other legislative matters of the Education and Labor Committee. Additionally, I have introduced fifteen bills and two resolutions, within the jurisdiction of the Education and Labor Committee.



HAWKINS

The Committee has passed a major piece of legislation concerning older Americans, which is now Public Law. The Act received little fan-fare in the nation's press, yet it is going to immeasurably improve the ways in which older Americans are treated in our society. The key thrust of the new law, entitled "The Comprehensive Older Americans Service Amendment of 1973," establishes a series of comprehensive programs designed to alleviate problems faced by older Americans in receiving needed social services.

Under this legislation, there will be established in the Office of the Secretary of Health, Education and Welfare, an Administration on Aging, a National Information and Resource Clearing House for the Aging, and a Federal Council on the Aging.

These agencies will:

- provide technical assistance to non-profit agencies
- develop educational programs to train persons working with the Aging Americans
- publish and disseminate informational materials.
- provide staff to the Federal Council on the Aging
- conduct research and demonstrations

States will be granted funds to help older Americans take better care of themselves at home, find employment and adequate housing, and become "foster grandparents;" states will also be encouraged to develop Multi-purpose Senior Centers, establish special library facilities for older Americans, and become involved in other special projects for the elderly.

An especially interesting aspect of this legislation

(Continued on Page B-4)

The Sacramento Observer
FORUM
AUG. 30-SEPT. 5, 1973

Voting: 10 Years Later

by ARCHIE E. ALLEN
Voter Education Project

The minority political arena is the 1970s counterpart to the civil right movement which produced the 1963 March on Washington for Jobs and Freedom, says John Lewis, an organizer, leader, and featured speaker at the mammoth demonstration which brought over 250,000 Americans to Washington, D. C., ten years ago.

"Since that day on August 28, 1963, there have been a lot of changes, some good and some bad," observed Lewis, now executive director of the nonpartisan Voter Education Project, Inc. (VEP). "on the postitive side, we saw the Congress and the American people give support to the 1964 Civil Rights Act and the 1965 Voting Rights Act, but those were hard won victories. It's sad that many Black people who casually take advantage of opportunities won by these laws don't realize the human sacrifice, the lives and the blood, which made these things possible."

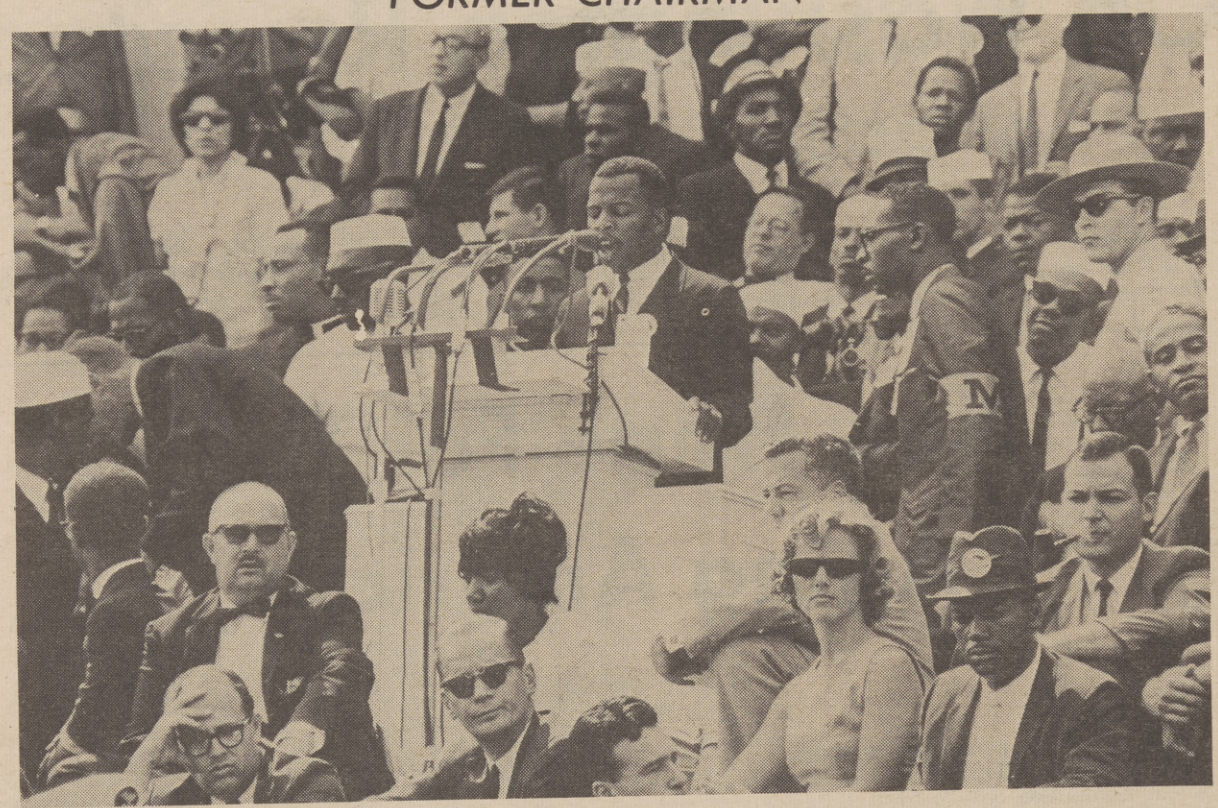
"On the negative side, I think that Black Americans and the nation itself has lost something in the course of the past ten years," continued Lewis. "Just speaking of the persons who played a role in the event of the March on Washington, it's frightening to think that we have lost so much. We lost a young, energetic President who listened to our demands; we lost a southern Vice President who later, as President, responded to our cries and pain and gave personal support to the Voting Rights Act; we lost a compassionate Attorney General who was genuinely committed to the dreams expressed at the Lincoln Memorial on that hot day in August."

"Most of all, the world has lost a great moral leader in the person of Dr. Martin Luther King, Jr. Dr. King personified the mood, the hopes, and the dreams which brought that fantastic assembly together," stated Lewis. "From 1955 to 1963, he believed in an idea of freedom and could mobilize people around that idea. When he spoke, he spoke for us all."

"Another major leader we've lost in these short ten years since the March is Whitney Young," points out Lewis. "He literally took the Urban League out of the social welfare arena and put it on the front lines of the Civil Rights Movement. He was a mobilizer, whe-

(Continued on Page B-4)

FORMER CHAIRMAN



John Lewis, former Chairman of the Student Nonviolent Committee (SNCC), shown above addressing the 1963 March on Washington for Jobs and Freedom. Lewis currently directs the Nonpartisan programs of the Voter Education Project (VEP) in the 11 Southern States.

Voting: Ten Years Later ...

(Continued from Page B-3)

ther in the corporate suites or the ghetto streets. We've lost a lot of capable moral leadership in this decade, but these people I mentioned were all key figures at this one major event - the March on Washington."

Lewis, who delivered what was described by the media as "by far the strongest" and "the most politically relevant" speech at the March on Washington, feels that many of his points may still be applicable today. A major portion of his speech dealt with the need for Black political power and with militant fervor, he urged more people to "get in the revolution sweeping the streets of this nation."

The March on Washington focused on the nation's capital because of a spirit of hope - a belief that the Federal Government was a sympathetic referee and, more, a potential advocate of civil rights.

The 1954 Supreme Court decision on education, the intervention of the Kennedy Administration in the Freedom Rides, and other specific acts led the marchers to the belief that change might be brought about by petitioning the government in a public and dramatic manner.

"That's another thing we've lost," says Lewis. "The government, the Supreme Court, and the current occupants of the White House give us little cause for hope. Black Americans are now afraid to believe, afraid to have hope, afraid to give their trust to so-called national leaders who have betrayed the dream of the civil rights movement."

Despite this loss of faith and hope, John Lewis himself personified the struggle of Black Americans in the decade since the March on Washington. Following the March, the Student Nonviolent Coordinating Committee (SNCC), of which Lewis was national chairman, continued to press for voting rights throughout the South.

Consistency of struggle marked Lewis' path throughout the remainder of the decade - more than half of his forty civil rights arrests came after the March on Washington.

In the mid-1960's, Lewis was often arrested in Selma, Alabama, where SNCC had operated a voting rights project since 1962. He was a leader of a band of 600 nonviolent marchers who were attacked by Alabama policemen at the Edmund Pettus Bridge in Selma on March 7, 1965.

This bloody event, in which the police used horses, whips, clubs, and tear gas, led to the climate of public outrage which ensured passage of the 1965 Voting Rights Act. Today, Lewis directs a nonpartisan program, educating minorities throughout the South to take advantage of voting rights.

"It's still the same struggle," Lewis explains. "We are now involved in taking what we won to the logical conclusion. The March on Washington was the outgrowth of the southern civil rights movement and the spirit of that movement is still alive in the south. It's encouraging and gratifying to see people who were sharecroppers and tenant farmers ten years ago now holding public offices. Former sharecroppers are now sheriffs, probate judges, and state legislators. They are dealing with power - political power - and using the hard-won vote to bring about changes. That's what the movement is all about."

Since 1963, more than two and one-half million Black people in the South have become registered to vote. The number of Black elected officials has increased from fewer than 100 to almost 1,200 in just ten years. These statistics are the result of difficult and tireless struggle on the part of local Black organizations - many of them the same groups which sent individuals or a busload of demonstrators to the March in 1963.

Does John Lewis think there will ever be another March on Washington? "Well," he says, "I think the 1963 March was one of the high water marks in the history of the struggle for social justice in this country. There is still a need for a national movement, national leadership, and especially moral leadership, because this nation still hasn't dealt honestly with the basic issues of poverty, discrimination, and economic exploitation.

We have a lot of effective civil rights organizations which have now declined in effectiveness or vanished altogether. At that time, there was room for everyone in the movement - a role for each person to play. We need that kind of spirit, that kind of movement today, and I'm still hopeful that the political arena can be the vehicle for change that we need so badly. But, another March on Washington? I don't think so. I just don't think so."

The Aging American...

(Continued fron page B-3)

is its focus on the establishment of Multi-disciplinary Centers of Gerontology. These centers will study older Americans in relationship to work, leisure and education. They will examine the problems faced by the elderly in terms of living arrangements, social service delivery, the economics of aging and other matters related to growing old and surviving.

Our senior citizens, who have made great contributions to America during their productive years, deserve our care and concern. "The Comprehensive Older Americans Service Amendment," is a step towards re-affirming that concern.

Obviously, Congress must function during crisis periods; the aforementioned is an example of how it functions.

A Chicken In Every Pot. Fact Or Fiction?...

(Continued from Page B-2)

higher about the middle of next month, says John Dunlop, director of the Cost of Living Council. The Department of Agriculture predicts, however, that these prices will rise about 20 per cent during the next year.

Where does it all end?

Prices have risen in spite of the fact that the Nixon Administration's price freeze on all food products except beef, was in effect until July 18, and despite contentions by the Internal Revenue Service, which monitors such things, that there have been no "illegal" price increases.

Well, maybe not "illegal" but how about "inhumane," or perhaps, "immoral?"

If the high prices are not enough, oftimes shoppers find that many cuts of meat are in short supply, if, in fact, it is available at all. Some of this is due to hoarding brought on by all those folks who panicked when producers served notice they would rather hold their cattle rather than bring it to market to cheap prices and who just couldn't tolerate meatless meals.

Herbert Stein, President Nixon's chief economic adviser thought he was sounding a cheery note recently when he announced that the boom in price increases from Phase IV has ceased. He said that we consumers can thank our lucky stars that inflation will now be at a "more reasonable" rate in the future. So, what's "reasonable" about inflation?

Perhaps, someone ought to put a bug in Mr. Nixon's ear and warn him that the already-overcrowded welfare rolls will soar even higher if prices continue to climb as frequently as they have in recent months.

For middle - and upper-income persons may be able to live with a "more reasonable" rate of inflation, but what about retired persons living on fixed incomes, what about the working poor, what about some of the 25 million poor people in this country? What about us?

Those in power concede nothing without a little pressure, and the economic boycott is certainly capable of putting some pressure on producers as well as serving notice on the Administration that we will not be cowed.

So, where are you Jesse Jackson, Johnnie Tillmon, Ralph Abernathy, Congressional Black Caucus? The time to act is past due!

Since The March...

(Continued from page B-3)

It seems to be confirming the truth of Martin Luther King's statement in his "I Have A Dream," speech to the March, that the marchers have come to Washington to cash a check, "a check that will give us the riches of freedom and the security of justice."

Martin said that check had come back marked "insufficient funds," and now, a decade later, America is still in default on her promissory note of Jobs and freedom and interest compounds daily.

The story of much of the past decade has been the story of the country's attempt to default on its sacred promises of equality. The civil rights revolution has been followed by a counter-revolution that offers revenue sharing instead of federal programs, and Watergate horror stories instead of jobs for all.

This nation needs to shed the mood of apathy and alienation that replaced the mood of the early sixties, the mood of moral fervor and righteous indignation. The fair-weather friends who have moved on to other causes - pollution, ecology, or the many fads that pop up all the time - need to return to the cause of equality and to enlist in the battle, for the duration this time.

Many who marched are gone. Martin and Whitney Young, and other great leaders, white and Black, but we who remain follow in their footsteps, inspired by their words and deeds, and determined to finally bring the goals of the March they led to final victory.

The Church: Who Is A Racist?

by REV. B. LELAND NASH
Observer Religious Editor

I have been questioned at times, about the relevancy of BLACKNESS; referred to as a racist or the mad-hatter, etc. "How can you wear the collar and be identified with the Christian clergy and advocate "blackness" as you do in so many of your articles?"

I am not trying to defend my point of view.

However, I would like to shed some "light" on some darkmisunderstanding of what I am attempting to convey in these articles.

I am aware that for many older Negroes, to advocate any change is a threat to their oreo-existence. For this group of Black Americans, what "has been shall be," is the order of the day, because caucasians have said that "white" is right, and therefore it naturally must be so.

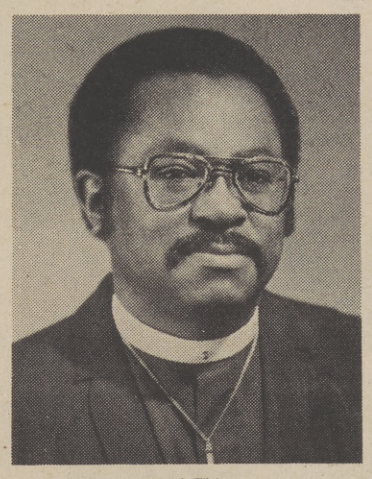
To be a Christian does not mean accepting the status-quo particularly if it is the wrong state of affairs. Jesus Christ was the most controversial-radical God-man that history has ever recorded. Christ advocated and advocate . . . change. He lived and taught an ethnic theology. He demanded justice and equality for all men.

Yes, he did say love your enemies as you would yourself. Turn the other cheek. Go the second mile, etc. However, you cannot love your enemy until you have learned to love yourself. The Black who advocates, "let the dragon sleep" and when he awakens possibly, he will have a change of heart. This is fool-hearty thinking, if not completely naiveness of what really is happening in our society. To assert one's being is simply a desire to live a whole life. Who is willing to take the worn Black clergy clique, "after awhile, and by and by, things will be better?"

If one waits, the change will likely not come, unless there is action while waiting. A better world begins with action-now theology . . . not after death.

A man is hungry now. He is emasculated now. Waiting denies him his God-given rights to exist. This being so, we affirm again the necessity of pressure, force, and an informed people. If a person steps on your toes, you react by moving your foot, and informing that person to "keep the hell off."

If this is racism, right on. However, in reality, it is only attempting to assert one's rights to life, liberty and humanity. On the other hand, Black Theology affirms God's gift. His gift of liberation. When men accept Christianity, they are in all forms new creatures.



NASH

Unfortunately, white America, white theology, has not been involved in the struggle for Black liberation. It has been basically a theology of white oppressors - giving religious sanction to the genocide of Indians, enslavement of Black people and incarsaration of Japanese Americans. In the latter case, because they "looked" like one of the enemies. America is basically Anglo oriented. It will remain that way if the issues are not faced as they really are. And not as one desires them to be. The late Whitney M. Young wrote "Black America was created in slavery and took shape over another hundred-years of oppression. Black America is the rundown tenement in Harlem, the sharecropper's shack in Mississippi, and the bungalow in Watts, California. Black America is now forging its own identity from its own experiences.

"Black is not a color of the skin," writes actress Ellen Holly, "it is a unique experience shared by Black Americans, however varied they may be, that sets them apart from any other group and results in a certain kind of psychological adjustment that no other group has to make. The adjustment of learning how to survive, and even to flourish, in an atmosphere that is almost totally hostile."

The Sacramento Observer
RELIGION
AUG. 30-SEPT. 5, 1973 PAGE B-5

Top Religious Leaders To Attend Nat'l Confab

DETROIT, Mich. - Dr. Mary O. Ross, president of the Woman's Auxiliary of the six-million member National Baptist Convention of America USA, Inc., announced here that the convention will open Wednesday, Sept. 5, in Convention Center, Los Angeles.

Dr. Ross said the women will hear reports on the progress of the Non-Vandal Neighborhood Community Club, a project initiated by the Auxiliary in Fort Worth last September, after being presented by the Resolutions Committee of which Mrs. T. E. Huntley of St. Louis, is chairman.

The Non - Vandal Neighborhood Community Club seeks to interest youth to become more interested in their communities in cleanliness and the upkeep of schools, etc.

Dr. Ross announced also that among speakers will be Mrs. Lillian Benbow, national president of Delta Sigma Theta Sorority; Dr. A. B. Coleman of Jacksonville, Fla.; Dr. Robert Wilson of Dallas; Dr. C. A. Pew of Kansas City; Dr. Horace N. Mays of Los Angeles; Council of Churches, and Dr. Frederick G. Sampson of Detroit, who will speak each morning at 9:15.

The over 8,000 women will observer the theme, "According to Your Faith-Reach Out."

When Dr. Ross delivers her annual address on Wednesday evening she will be introduced by John H. Burns, chairman of trustees of Shiloh Baptist Church where her late husband Rev. S. D. Ross, was pastor for 39 years. Mr. Burns is also Powerful Soverign Grand Commader Scottish Rite Masons. Rev. James Cleveland, will close with a musical.

LOCAL CHURCH ANNOUNCMENTS

TRINITY MISSIONARY BAPTIST CHURCH, Rev. Sylvester Howard, Pastor. Located at 3601 12th Avenue, will be holding early morning Prayer Breakfast, Saturday, September 1st, at 7:00 a.m. Everyone is welcome.

OAK PARK UNITED CHURCH OF CHRIST, Rev. Winston Waugh, Pastor. There will be Sunday morning communion services starting at 11:00 a.m. Sunday, September 2nd. Also, New Church Year begins the first of September through August 1974. There will be services for new members beginning September 1st. Public is invited.

KYLES TEMPLE AME ZION - Rev. Robert L. Graham, Pastor, 2940 42nd Street. The Holy Communion service will be conducted at 11:00 a.m. Sunday morning by the Pastor and assistant pastor. Music will be furnished by the Sanctuary Choir and Voices of Inspiration. Theme: "A Witness Unshamed."

CHRIST TEMPLE MISSIONARY BAPTIST CHURCH - Rev. J. E. Pettaway, Pastor, 303 26th Avenue, will be having their annual Day Service Sunday, Sept. 2nd, at 3:00 p.m. Mrs. Dosie Williams will be principal speaker for the women, Bro. Sylvester Lee, chairman will be speaker for the men. Also, Mrs. Reeva Swift co-chairman will speak. Pastor and Wife, will be delegates at the National Convention in Chicago.

NATIONAL BAPTIST CONVENTION U.S. INCORPORATED, will be held in Los Angeles, Downtown Convention Hall, Sept. 4th through the 9th.

The Mission Department of Unity Fellowship Baptist Church 2741 34th Street, Rev. C. R. Lee, Pastor, will be fellowshipping with Christ Temple Baptist Church Sunday, Sept. 2nd, at 3:00 p.m. for the Women's Day Program. Feel free to attend.

20,000 Expected For Convention

The 94rd annual meeting of the National Baptist Convention, U.S.A., Inc., will be held in Los Angeles Convention Center, September 4th through 9th.

More than 20,000 delegates representing the six and one half million membership of the nation's largest Negro organization, are expected to attend. This membership represents 28 per cent of the total Negro population.

The program of the six day event has been structured by its leadership to cover economic, political and cultural subjects.

Aid to foreign countries suffering from famine, productivity of the convention's farm operation and financial support to member churches, businesses and related organizations, will be discussed in terms of costs of living increases and environmental controls.

Political subjects to be covered would include an interpretation of the Constitution and the Watergate struggle as it relates to our spy system and political leaders throughout the

(Continued on Page B-6)

ALONE, BUT NOT LONELY

Even if you are all alone, you don't have to feel lonely. God is your friend, and He's with you right now. Why not get to know Him better? Listen to this program.

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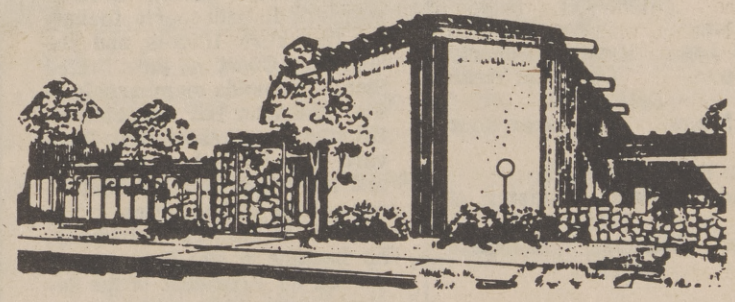
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Abernathy Regains SCLC Position

INDIANAPOLIS - With what has been described in some reports as "evangelistic fervor," several hundred delegates gathered in St. John's Baptist Church for the annual meeting of the Southern Christian Leadership Conference, shouted approval when Rev. Abernathy announced in his speech before the body that he intended to continue as SCLC president.

"I feel now that I have not only a mandate from Martin, a mandate from God, but a mandate from Black America," Abernathy said. "Let me assure you that I accept this challenge and this responsibility," he continued.

Abernathy had submitted his resignation on July 9, but a twelve hour, closed door, meeting with SCLC's Board of Directors resulted in a decision by the board to reject his resignation.

Abernathy had blamed SCLC's financial difficulties, his obligation to his church, and lack of support from the Black middle class, as reasons for his resignation. The board, however, has decided to appoint a full-time executive director and a committee to develop new funding sources. These will help SCLC solve some of it's problems Abernathy said.

"Taking into account the reasons cited by the president as the basis for his resignation, we are convinced that his concerns are mainly symptoms of the frustrating nature of our times and that all of us in the nation must share the guilt for our nation's neglects and wrongs," said Dr. J. E. Lowery, chairman of the board of SCLC.

Abernathy's detractors have been arguing that he does not provide the charisma and leadership needed for a national organization. Some of Abernathy's supporters have argued however, that he has been undermined by his staff.

One delegate noted that "The reason Dr. Abernathy doesn't stand out is because people are looking for him to do what Dr. King did. Dr. King was a great man, but everyone has got to work his own way."

Abernathy rejected asking the SCLC staff to resign: "I will merely ask those to leave who are not willing to pay the price for freedom." He is attempting to concilliate some of the organizations internal differences of opinion.

More full-time staff will be hired by the organization, and five regional offices will be set up around the country. Each will be under a vice president and a regional director, thus relieving Abernathy of some of the administrative details that has seemed to plague him.

Lowery stated that, "although there are other capable, dedicated persons who could accept the role of president, it is our firm conviction at this moment in history, that Ralph David Abernathy is the man for the job."

Among the dignitaries attending the conference, were D. C. Delegate Walter Fauntroy, Rep. Andrew Young (D-Ca.), and Vernon Jordan, Executive Director of the Urban League.

RECENTLY HONORED



The Rev. Mother G. Phillips was honored for her 25th Anniversary last Sunday, August 26th. The Founders Day Birthday Services were held at the St. Joseph Spiritual Temple, 620 South Avenue, Del Paso Heights. Later that day, a banquet was given at Billy Boy's Restaurant in honor of Rev. Mother Phillips.

20,000 At Baptist Conv. ...

(Continued from Page B-5)

world.

A report on the progress of the Joseph H. Jackson Library and the National Baptist Building since their recent dedication in Chicago, will be given. Convention leaders describe the library as an outstanding opportunity for the education and growth of young America.

A proposition for debate between four Baptist preachers and scholars from Michigan will be: "Resolve that the constitutional description of the rights and responsibilities of first class citizenship can be harmonized with the doctrine and practice of civil disobedience."

A panel will discuss "Is it ever right for a Baptist Church or a Baptist organization to go to the civil courts to settle any internal problems, especially those regarding membership rights and policies and programs of the church?"

Roy Wilkins, executive secretary of the NAACP, will be the guest speaker Youth Night, September 7th. Finalists in the high school Oratorical contest will be presented at that time. The theme of the contest is "The Best Use of Present Day Educational Opportunities." Prizes totalling $1,750 will be awarded.

Dr. Jackson, serving his twentieth year as the elected president of the convention, will preside throughout the convention. His annual address will be presented Thursday morning at 11 o'clock, at the Convention Center.

Creighton University's recent presentation of the merit award to Dr. Jackson, described him as a scholarly, warm man who is one of America's greatest champions of racial equality.

During the 1960's, Dr. Jackson saw civil disobedience of other Black leaders as being self-defeating and urged his following toward national unity ... to concentrate on voter registration and congressional lobbying. "We cannot be saved as a people, unless America is saved as a nation," he said.

Former SCLC Appointed To New Post

WASHINGTON - A former National Association for the Advancement of Colored People, and Southern Christian Leadership Conference lawyer, has been selected by the President to become the new Chairman of the Equal Employment Opportunity Commission. John H. Powell, a Magna Cum Laude graduate of Howard University, will replace William H. Brown III, upon confirmation by the Senate.

Powell has been General Counsel of the U.S. Commission on Civil Rights since 1970.

He earned his law degree from Harvard Law School in 1956, and his LIM from the New York University Graduate School of Law, in 1963.

Martin Luther King, a friend and fellow student in Boston with Powell during the fifties, called on him to help in his Civil Rights movement in the South, and Powell responded, serving as SCLC's trial lawyer.

Powell has been admitted to practice law before several state and district courts, including New York, Illinois, and the Supreme Court of the United States. He holds membership in the American Bar Association, Illinois Bar Association, Harvard Law School Association, and the Administrative Conference of the United States.

While at Howard University, he became a Phi Beta Kappa; served as President of the Senior Class, and served on the Student Council. At Harvard, he was named to the Law School Forum and the Dormitory Council.

Powell, 42, was born in Mineola, New York, and now resides in Washington, D. C, with his wife, and two children.

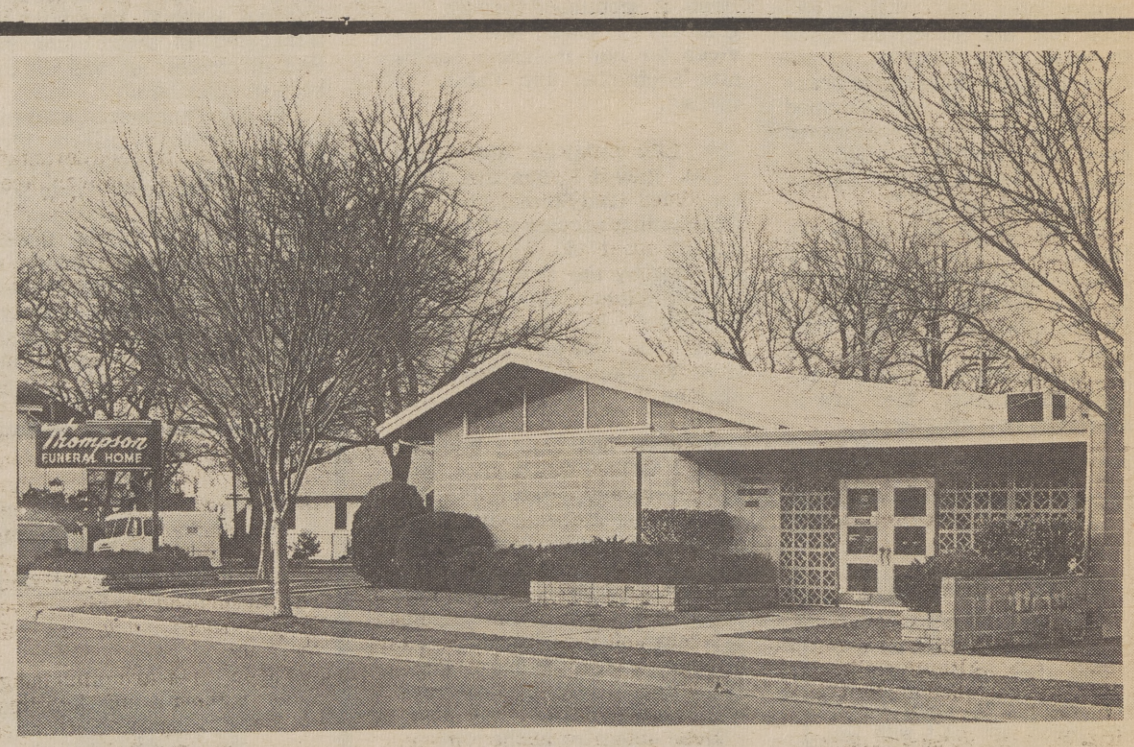
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BLACK NFL PLAYERS GIVEN TESTS

A study released by the American Medical Association indicates that at least 39 of the 579 Black NFL players - 6.7 per cent - who were given blood tests carry the sickle cell trait. The percentage, according to Dr. John Murphy of Case Western Reserve University in Cleveland, is about the same as estimates of that for the entire Black population.

Dr. Murphy said the study shows that the presence of the trait "is not detrimental to the development of athletic abilities as related to professional football."

Participating in the study were 20 of the 25 NFL teams and 98.5 per cent of the Black players on those teams.

'NOODLE HEAD'



That's a lot of beef for anyone, meat being what it is today. But Pam Murphy of Sloughouse, California, seems right at home with this steer. That may be due to the fact that "Noodle Head" is well known to her. The 1,170 pound steer, is Miss Murphy's entry at this year's State Fair and Exposition. Noodle Head can be seen any day at the Agricultural Exhibit area during the Fair run. Pam is a student at Elk Grove High School, and has been in the 4-H program seven years. She had a winner in last year's Fair and has extremely high hopes about her chances this year.

sports rap with Mardeio Cannon

The World University Games in Moscow, was closed on a happy note, when the United States Men's Basketball Team won a resounding victory over the Soviet Union.

In between, the Games are dominated completely by the host Russians. The Russians so dominated the Medals gathering, that the Russians Squad had twice as many medals as the fickle U.S. Team.



Why is it that the United States sends their third or fourth rate performers into international competion?

If the Big Wigs in charge of International Sports for the United States can't field this country's best available athletes, then they should get out of the athletic business.

The Iron Curtain nations are making their sport teams instant propaganda in favor of their particular nation.

The Soviet Union, for instance, fielded almost their whole Olympic team, from Munich, in the World University Games.

Everyone remembers Olga Korbut, the Soviet Basketball team, etc. All were here for the University Games.

I can't fathom or reason or dig, or no way understand, how the Iron Curtain and European countries, now dominate the sprinters category. (100 yards up to 400 yards).

Either we should send our best or no one at all.

The United States will never send their best qualified athletes as long as there is a squabble between the NCAA and the AAU.

These two bickering powers have done more to confuse and demoralize our athletes than anything.

Now it seems that Congress will have to step in and maybe the federal government will take over the amateur sport movement in the U.S.

But, maybe this will be a blessing in disguise.

Why should the athletes sacrifice anything to represent their homeland. Will a rendition of the Star Spangled Banner upon a victory stand, help the U.S. Medal winner back home when he or she is looking for a job? No. (Unless you are Mark Spitz).

The United States should undertake the care of a National Sport Team.

The team should be the best this country has to offer in all sports of international competition.

Every year the team should undergo a performance criteria from inside and competition should be invited to see if you are indeed the best in this country at your particular event.

If the above were carried out with equality and candor, then no one in this nation should feel ashamed about any of our athletes representing this country.

The athletes would feel proud to be a member of the National Sport Team, because they would know they are the best in the U.S. and well taken care of for it.

Again, heartfelt congratulations to our basketball team led by the amazing David Thompson for their great victory over the Russians. That basketball team is a prime example of a segment of what the National Sport Team should be.

Proud and confident, because you know you are the best from the best. Right On.

Self-Defence At YMCA

The Sacramento Central, San Juan and Northeast YMCA's are now taking registrations for Karate classes beginning the week of September 10, 1973.

The programs are oriented to self-defense techniques to enhance self-reassurance and to promote physical conditioning.

For additional information, please contact the YMCA in your area or call 452-5451.

Classes are ten weeks in length.

The Sacramento Observer

SPORTS

AUG. 30-SEPT. 5, 1973

STATE FAIR '73

Aug. 24-Sept. 9

GATES OPEN AT 10 A.M.



This year, the 1973 California State Fair returns to its rightful place as the Zenith of All Harvest Fairs. There'll be clowns, marching bands, more exhibits, more on the midway, more FREE shows,

a Champion Rodeo August 30th through September 3rd —

a FREE circus, September 4th and 5th —

enough excitement in the next 17 fun-packed days

to last you all year long.

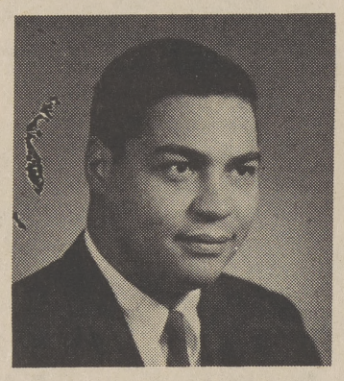
Cal Expo - Sacramento

BUSINESS NEWS

BLACKS WHO ARE MAKING IT IN BUSINESS

PERRY NAMED CHRYSLER PLANT MANAGER

DETROIT - Lowell W. Perry, has been appointed plant manager of Chrysler Corporation's Detroit Universal Division.



In his new position as plant manager, Perry will be responsible for directing all activities of the Detroit Universal Division. He had been manufacturing manager for the division since February, 1973. Detroit Universal Division manufactures a wide range of automotive subassemblies including steering columns and drive shafts. The plant is located at 6455 Kingsley Avenue, Dearborn.

Perry, a former player, coach and scout for the professional football Pittsburgh Steelers, joined Chrysler Corporation in 1963. He had been a National Labor Relations Board attorney.

His earliest assignments at Chrysler, were as personnel specialist in Chrysler's Automotive Sales Group, and later as labor relations representative.

He was named manager - manufacturing and interplant transportation hourly labor relations in March, 1970, and in July, 1971, was promoted to personnel manager - Basic Manufacturing Division and later was manufacturing operations staff executive for the Basic Manufacturing Division.

Born in Ypsilanti, Michigan, on December 5, 1931, he was graduated from the University of Michigan in 1954, with a BA degree in Liberal Arts and from the Detroit College of Law in 1960, with a doctor of law degree.

Job Training Contracts Cancelled

NEW YORK - More than $6 million in manpower job training contracts held by private businesses for the purpose of providing on-the-job instruction for disadvantaged workers was cancelled by the Federal Government because the firms were failing to provide the workers with the necessary instruction to allow them to get and hold semi-skilled and skilled jobs.

The unnamed firms, all in New York and New Jersey, were ordered to return to the U. S. Treasury all payments made under the contract and reports on the investigations of the contracts were turned over to the U.S. Attorney's office for further investigation and possible prosecution for fraud.

"In some cases, classroom instruction called for by the contract was not given," said Edward W. Aponte, deputy regional director of the Department of Labor in charge of manpower training. "In others, the training was not given or was not adequate. In some, the workers the Government wanted trained were not being used as trainees but as common laborers," Aponte said.

HUD Fighting Housing Order

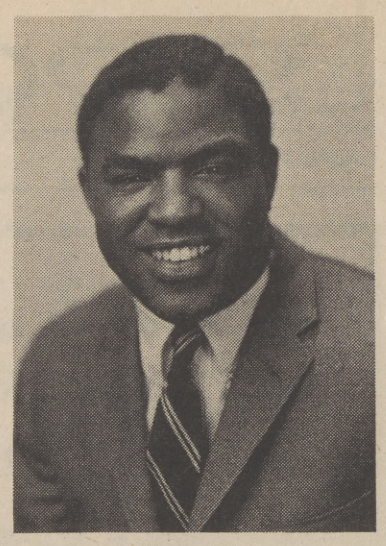
WASHINGTON - The Department of Housing and Urban Development has asked the Justice Department to seek a stay and reconsideration of a federal court order to reinstate the subsidized housing program.

The program, which was frozen in January by then HUD Secretary George Romney, has not really helped the poor people it was designed to, the Administration contends.

More than 2.8 million persons are living in the 727,426 apartments and houses built under the five-year-old program. The President told the Congress that he would submit a new housing program to them by September 7, when the program was frozen.

In announcing the decision to try and overturn the ruling of U.S. District Court Judge Charles Richey, HUD Secretary

(Continued on Page B-9)



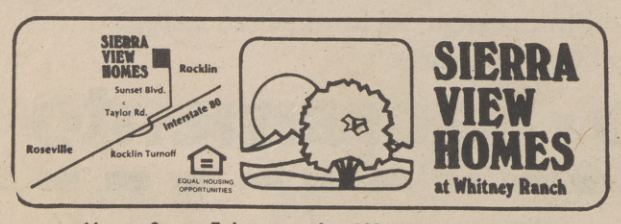
THOMAS

Thomas Named Ass't. Secretary For HEW

Stanley B. Thomas, 31, has just been sworn in as Assistant Secretary for Human Development in the Department of Health, Education, and Welfare. Thomas is responsible for HEW programs conducted by the Office of Child Development, the Administration on Aging, the Office of Youth Development, the Office of Native Americans, the President's Council on Mental Retardation, and the President's Council on Physical Fitness and Sports.

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Real Estate Brokers

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First come—First served

The following five (5) properties are listed "as is" with usual warranties, except as noted:

RED BLUFF					
1255 Otis Court	17,000	D1	3	1-1/2	-
As is with customary contract warranty on structural soundness and condition of operation systems.					
SACRAMENTO					
*67 Thatcher Circle	16,500	C1	3	1	$00
*No warranty on wall air conditioner or bath vanity					
ELK GROVE					
**8935 El Mirado #3	15,500	C1	2	1	445
**9524 Emerald Park Dr. #4					
**9524 Emerald Park Dr. #4	15,000	C1	2	1	349
**9532 Emearld Park Dr. #2	15,000	C1	2	1	461
**The above properties are condominiums and are subject to all association dues and assessments					
SACRAMENTO-South					
4020 Andedon Cir.	19,000	E1	4&FM	2	954
2285 Pierre Ave.	18,500	D1	3	2	480
2324 50th Ave.	17,500	D1	3	2	476
7518 Amherst St.	20,000	E1	4	2	625
3448 Gates Way	21,000	F1	4	2	625
SACRAMENTO-SOUTH					
1085 Westward Way	21,500	F1	4	2	581
2280 Edgewater Rd.	14,500	B1	3	1	357
2425 Norbert Way	20,500	E1	3	1-1/2	633
3125 Parody Way	18,000	D1	3	1-1/2	-
3841 Kern St.	12,500	B1	2	1	295
NORTH HIGHLANDS					
3644 Van Owens St.	18,500	D1	4	1-1/2	475
RIO LINDA					
324 Quadra Ave.	17,000	D1	4	1-1/2	601
325 Jubilee Way	16,500	C1	3	2	460

Sold or withdrawn - not available for sale
STOCKTON
1432 Denver Ave.
4453 La Cresta Way #2
2030 13th St.
2321 E. Oak St.
2241 E. Market St.
120 S. Hinkley St.
2257 Cambria
4453 La Cresta #2
1400 E. Oak St.
210 S. Olive Ave.
SACRAMENTO
7518 Amherst St.
1085 Westward Way
2800 Greymere Way
7911 Albion Way
3125 Parody Way
6713 27th St.
2745 Bridgeford Dr.
3996 Avante Way 273
273 Redondo Way
1060 Westward Way
1061 Westward Way
7635 Sweetbriar Way
107 MacArthur Ct.
3448 Gates Way
7805 Vellecitos Way
3453 Gates Way
3429 Gates Way
3953 Avante Way
7513 Addison Ave.
3971 Avante Way
3086 Montview Way
7825 Detroit Blvd.
3419 36th St.
3983 Avante Way
7721 Teekay Way
3960 Avante Way
1629 Ferran Ave.
1341 Longshore Ct.
1422 69th Ave.
212 Nimitz St.
6853 Cherrywood Cir.
6612 75th St.
3391 Jola Circle
RANCHO CORDOVA
2005 Benita Dr. #3
BRODERICK
871 Beardsley Dr.
NORTH HIGHLANDS
6348 Longdale
6344 Longdale Dr.

ALL LISTED HOMES WITH 3 BEDROOMS OR LESS SELLING AT $19,000 OR LESS AND ALL HOMES OF 4 BEDROOMS OR MORE SELLING AT $20,500 OR LESS ARE ELIGIBLE FOR SECTION 235 FINANCING. ONLY FAMILIES OF 5 OR MORE PERSONS ARE ELIGIBLE FOR FOUR BEDROOM HOMES. FUNDS ARE LIMITED, BUT ARE NOW AVAILABLE FOR ALL BUYERS WHO MEET CREDIT, INCOME AND FAMILY COMPOSITION REQUIREMENTS. REGULAR DOWN PAYMENTS DO NOT APPLY WHERE SECTION 235 FINANCING IS USED. PURCHASERS MUST PROVIDE FROM THEIR OWN FUNDS, A MINIMUM CASH INVESTMENT OF $200.00. MINIMUM DEPOSIT REQUIREMENT IS $200.00. NOTICE TO ALL REAL ESTATE BROKERS: AS OF DECEMBER 1971 ALL FORMS NO. 2385 BROKER'S TENDER OF SALES CONTRACT MUST SHOW THE PAYEE'S (BROKER'S) SOCIAL SECURITY NUMBER IN PARENTHESIS ON THE FORM AFTER THE BROKER'S NAME. ALL HYPHENS MUST BE INCLUDED.

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SECRETARY BROKER

Paul Williams, Motown Star Commits Suicide

DETROIT - He grew up in Alabama in the 50's, listening to Clyde McPhatter on the radio and wondering what it must be like to be famous. When he died last week in Detroit, at the age of 34, Paul Williams, one of the original members of the Temptations, no longer had to wonder.

He knew by then about gold records and flashy cars. About sellout performances at the Copa and Hollywood Bowl. About screaming audiences that used to fill up Harlem's Apollo Theater five times in one day to get a look at him.

But then he knew about someting else too: The cult of the failure of success. They say he was an alcoholic - that at his worst a few years ago, he was knocking back two fifths of cognac a day. But it is hard to learn about that part of him. For offstage, Paul Williams - like Janis Joplin and Jimi Hendrix before him - lived in a searing, private world of anguish and self-doubt that lets few people get close.

But Joplin and Hendrix, at least, burned themselves out at the top of their careers, so their deaths by heroin gave them a kind of public martydom. Too, they were solo artists - and thus much better known. When Williams died, some two years after his first concert with the Tempts, it was all but anonymously.

Somebody found him late one night slumped behind the steering wheel of a car, clad only in swimming trunks. There was a gun in his hand, a bullet in his head. A Detroit coroner ruled suicide.

That was all until the word got around the Black community. The first night of his public viewing, the lines went around the block. A spokesman for the funeral home estimated that 2,500 people filed by his casket in less than four hours.

Ironically, Paul Williams' life ended almost exactly where his career began a decade ago. After millions of miles of travel, he was found on the corner of 14th and W. Grand Blvd., less than two blocks from the Motown studios where he and the other Tempts cut their first records. He left behind a wife, and five children, all under 12. He was not living with them at the time.

There was a deeper irony: At the time of his death, swear those who knew him, Williams was in the best psysical and mental shape of his recent life. A couple years earlier, he had



WILLIAMS

been spending more time in hospitals than onstage. Finally, a doctor's orders and his own consent, he was replaced.

Yet, two days before he died, he was sitting in the office of his old manager, Don Foster, talking eagerly about how he was going to help the guys work out dance routines for their Las Vegas opening in October.

(Even though he was no longer performing, Williams was still drawing a small salary from the Tempts as an advisor; by all accounts, he was far and away the best dancer the group ever had and one of its strongest baritones).

Singer Eddie Kendricks, was one of Williams close friends.

Kendricks recalls his boyhood with Paul in Birmingham. "He was the first to discover we had music in our heads. He'd get records of McPhatter, the Five Royales, the Midnighter, Little Willie John and then get me to copy them along with him.

"When we struck off north, we were about 17 and had just enough money for a ticket to Cleveland. We washed dishes and slept in bathtubs there until we met Milton Jenkins who brought us over to Detroit and said he'd manager our careers. He's dead now, too.

"One day, Jenkins brought these four girl singers around for us to meet. Paul and I were calling ourselves the Primes at the time, so it wasn't long before Diana Ross and her three friends were calling themselves the Primettes.

"Later, we met Otis Williams and Melvin Franklin, who are still with the group. We got a hold of Elbert Bryant and the five of us began doing shows. Somebody thought up the name "Temptations," we recorded "The Way You Do The Thing You Do," and we were on our way.

"We probably rang up more consecutive hit records in the middle and late 60's than any other male group in history. But then things started to sour. None of us seemed to be getting out of the group as much as we were putting into it. Paul was drinking and running around. Suddenly, he didn't have his moves any more. We tried not to notice for awhile, but it was too late: He was a sick man."

Paul Williams will be missed.

Hearing Set For Student's Dismissal

A Black City College student may end a $2,300 4-1/2 month struggle next week.

The campus grievance committee will recommend to the Los Rios Board of Trustees, reinstatement of a student summarily dismissed from a class in mid-sememster, according to a source close to the hearing. The next trustee meeting is September 5. The board is not required to follow the recommendation.

Albert Davis, a machinist apprentice at McClellan Air Force Base, was dismissed from metal technology 70, by instructor, Adrien Bord on April 12. Davis' apprenticeship was contingent upon his City College class, consequently, he was in danger of being discharged from the training program also.

Davis' dismissal from the McClellan program, has been stayed pending the result of the hearing. If the board follows the recommendation, Davis will restart metal technology 70 (and return to the apprenticeship program) the fall semester.

Although dismissed April 12, Davis was not informed of the action until 12 days later, when his supporters at McClellan received notification from the college. He had been attending class as usual in the intervening two weeks.

Davis confronted Richard Gillies, dean of students, to ascertain the reasons for the dismissal. Gillies informed him the dismissal was the perogative of the instructor and he (Gillies), would back him.

It was only at this time, Bord put in writing the reason for the dismissal, the cornerstone of which was an altercation Davis had at the college with Art Kennedy, a McClellan on-the-job instructor.

Testimony before the joint committee (faculty - student), brought out that the argument took place in December when Davis was in metal technology 60, under Bord. The spring sememster started in January.

"That blew the whole case right there," declared the source. He illustrated by drawing an analogy of a student being flunked by an instructor. If the student registered in another class with the same instructor the following semester, the instructor would have to judge him by his work in that semester, not the previous semester, he pointed out.

That the five-member committee is even reporting to the board, is a concession won by Davis and his attorney, Jack Moore. Ordinarily, the committee would pass its findings to Sam Kipp, City College president.

Davis and Moore balked at this since Kipp had already reviewed the case and declared the dismissal valid. District Supertintendent, George Rice, also reviewed the case, and he too, supported the dismissal.

According to Davis, neither Kipp nor Rice contacted him for his version.

Moore sought board intervention at the June meeting. He charged that Davis was being denied due process since there had been "no meaningful examination of the charges" and that he was a victim of "racial discrimination."

Perhaps fearing a court challenge, the board instructed the grievance committee to report directly to them after hearing the case.

Recreation Positions Open

Persons interested in working with youth in recreation, are encouraged to apply for a position with the City of Sacramento Recreation and Parks Department.

Applications are being accepted for playground leaders, dance instructors, piano players for dance lessons, and arts and crafts specialists.

Other positions include working with the handicapped children and adults, teen center director, and special facility director for fairytale town.

Applications for part - time fall and winter employment will be available through Tuesday, September 11th, at the Recreation and Parks Department Office, 3520 Fifth Avenue, and at the Hagginwood Office, 3271 Marysville Boulevard, Monday through Friday.

Applicants should file an application in person as the different job specification will be posted at the two offices. Applicants should review each job description carefully before filling out an application.

HUD Fighting Housing Order ...

(Continued from Page B-8)

James T. Lynn said:

"Reinstating programs that we know involve substantial inequities and waste is not in the best interest of either the people we want to help obtain housing or the taxpayers."

But Judge Richey ruled that Congress appropriated $431 million for the rent supplement programs last year, and HUD must accept new applications for subsidies and process the ones they have now.

Programs affected by the judge's order are rent supplements, the home ownership program under Section 235 of the 1968 Housing Act, and the apartment rental program. Unfortunately, public housing, which is another subsidy program that Congress appropriated $178 million for last year, remains frozen.

In his ruling, Judge Richey dicounted the HUD Secretary's objections to the program saying:

"The fact that the Secretary is dissatisfied with these programs is immaterial if the Congressional mandate requires that they be operated on a continuing basis." He said he believed that they did and said:

"It is not within the discretion of the Executive to refuse to excute laws passed by Congress but with which the Executive presently disagrees."

The lawsuit was brought by the Commonwealth of Pennsylvania, the Maine State Housing Authority, five non-profit corporations and a variety of other civil groups.

The Census Bureau says that 24.5 million Americans live below the poverty level. About 3.3 million live in the 1.1 million public housing units which have been built since 1937.

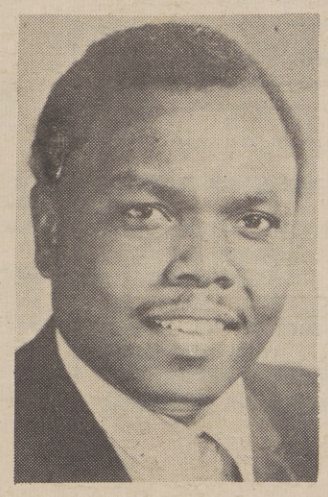
NYC Program Proven Successful

The involvement of the University of California, Davis, in support of the Neighborhood Youth Corps (NYC) is entering its final weeks this summer with marks of success.

The NYC program, which is federally supported, is designed to provide teenagers with a variety of work experience and a paycheck during the summer. The teenagers are between 14 and 18 years of age and are either enrolled in junior high or high school or are recent graduates of high school.

This is the fourth year UCD has offered NYC employment opportunities.

According to Larry Hoover, campus NYC coordinator, the emphasis of the program is to both provide work experience and to introduce the youngsters to new areas of career potential.



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The Sacramento Observer

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CLASSIFIED ADVERTISING INDEX

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THE OBSERVER will not assume responsibility for more than one week's incorrect insertion and reserves the right to make correction in the next issue. Liability for errors will not exceed the cost of space occupied by such error. All FINDER Classified Advertisements should be checked by the advertiser the first week of publication.

Announcements 100
- Personals 110
- Legal Notice 120
- Lost & Found 130
- Meetings 140
- Drugs & Sundries 150
- Schools&Instructors 160

Employment 200
- Help Wanted 210
- Agencies 250
- Real Estate 300
- Home Loans

Rentals 400
- Apartments 450

Merchandise 500
- Furniture & Appl. 550

Automotive 600
- Trucks, Trailers 630
- Mobile Homes 640
- Motorcycles 660
- Rec'tional Vehicles 680

Insurance 700

Too Late To Classify 800

Quick Business Guide 900

Want to buy?...Sell or trade?...Looking for services?... Call (916) 452-4781

When answering a FINDER Classified Ad, please refer to the advertisement by Classification Number

Announcements 100

RUMMAGE SALE

Oak Park Methodist, 36th and Broadway. Sept. 5th and 6th from 10 a.m. to 4:00 p.m.

Personals 110

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Schools & Instructors 160

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Help Wanted 210

WE WANT YOU!

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Help Wanted 210

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$605 - $700
(17.5% increase proposed) Positions are with the California State Department of Fish and Game throughout California

Requirements include six months in the natural resources field such as parks, forestry or fish and wildlife or one year in mechanical or construction traded. Completion of one year of college with six units in biological sciences may be sutstituted for the required experience

APPLY BY SEPTEMBER 7, 1973
For additional information and application, please contact State Personnel Board or visit your nearest Human Resources Development office
State Personnel Board
801 Capitol Mall
Sacramento 95814

SEMI-DRIVERS NEEDED

Local companies need Certified Semi-Drivers. Earn $300-$400 per wk. No experience necessary, will train. For application, call 317-637-1134, or write: Rapidway Systems, 5140 S. Madison Ave., Suite 4, Indianapolis, Indians. . . 46227

Help Wanted 210

CONTRACTORS DEPUTY REGISTRAR TRAINEE

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Opening throughout the state for trainees to assist in making investigations and enforcing laws and regulations administered by the Contractors License Board. Opportunity for promotion after successfully completing 1 year as a trainee

Requirements include graduation from a terminal curriculum in building technology or closely related curriculum equivalent to that given in California Community Colleges. Applicants within 1 year of graduation will be admitted to the examination; or 2 years full time experience as a journeyman in one or more building construction trades. Please call Contractors License Board (916) 445-3458 by September 14 for application,

KEY PUNCH OPERATOR

Good speed, key-to-disk - experience helpful. Temporary, $3.30 per hour. Call 484-8223.

Help Wanted 210

CITY OF CARPINTERIA POSITION VACANCIES

Clerk-Stenographer ($521 - $632 per mo.). Clerical work. Must be proficient in shorthand and typing. Experience preferred

Maintenance man 1 ($588 $714 per mo.). Street and Park maintenance work. Must be able to perform heavy, outside manual labor and use various hand and power tools

Contact Personnel Office, City Hall, 601 Maple Ave., P. O. Box 278, Carpinteria, (805) 684-4554, for application and complete position description. Deadline for all applications - 5 p.m. September 4, 1973

NURSES

Oak Manor Convalescent Hospital has immediate openings for experienced RN's. Need full-time RN for 3-11:30 shift and relief, and "on call" RN's for 3-11:30 and 11-7:30 shifts. If you are a qualified nurse, and want to secure your employment future in excellent surroundings, phone or apply in person, OAK MANOR, 3121 Fruitvale Ave., Oakland, Calif. 94602. (415) 534-5169. Equal Opportunity Employer

Help Wanted 210

STENOGRAPHERS

$522 - $635
(10% increase proposed) Immediate employment with the State of California. Attractive positions. Requires high school graduation and 1 year paid stenographic experience. Additional experience. 90 wpm shorthand. Please call weekdays, 445-5247 between 8 a.m. and 4 p.m., for information and appointment to take the examination

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Openings Sept. 1st, for male child care workers in 24-hour - North Area facilities. Must be over 21, available for shift work. Previous work experience with children preferred. Call 482-2370 between 9 a.m. and 4 p.m. for further information.

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60 Fairbanks Avenue	11,400 (as is)	3	2
200 Fairbanks Avenue	13,400 (as is)	3	2
3913 High Street	11,000 (as is)	3	1
2091 Mangrum Avenue	16,300 (as is)	3	1-1/2
102 Ninitz Way	9,800 (as is)	3	1
3240 Northstead Drive	19,450	3	2
7208 Tamoshanter Way	17,300 (as is)	3	2
7821 48th Avenue	13,400 (as is)	3	1
8025 48th Avenue	13,500 (as is)	3	1
NORTH HIGHLANDS			
7364 Arutas Drive	23,500	3	2
3637 Centinella Drive	18,900 (as is)	3	2
6540 Channin Dr.	17,250 (as is)	3	1
CITRUS HEIGHTS			
8127 Basswood Way	18,500 (as is)	3	1
RANCHO CORDOVA			
2536 Angie Way	20,950 (as is)	3	2

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Crime Commission's Controversial Report

WASHINGTON - A national commission studying the nation's criminal justice system last week, released its final report recommending changes so drastic that the Justice Department, which financed the study, refused to endorse it.

Some of the recommendations call for the elimination of grand juries, set a maximum 5-year prison term for most offenders, limit the possession of handguns to police and military personnel, and justify the use of telephonic search warrants.

Despite the controversial nature of the report, U.S. Attorney General Elliott L. Richardson called the 293-page document "the most important report on crime control ever compiled in this country."

The two-year study was conducted by the National Advisory Commission on Criminal Justice Standards and Goals and is supported to represent a consensus of criminal justice philosophy at the grassroots level, while at the same time serving as a blueprint for future reform in court procedures, corrections, police activities and community crime prevention.

The study, which cost $1.7 million to complete, involved hundreds of state and local law enforcement officials.

The main thrust of the Commission's report is its intention to cut "high fear" crimes in the United States in half by 1983. "High fear" crimes consist of murder, rape, armed robbery, aggravated assault, burglary and other crimes committed by strangers to the victim.

In making its recommendations and setting goals, the Commission automatically invited strong reaction from groups and organizations ranging from the National Rifle Association to civil libertarians, by suggesting that privately owned handguns, about 30 million of them, be confiscated, and that police ought to be allowed to obtain search warrants by calling and talking with a judge.

According to the Commission, the manufacture and sale of all revolvers and pistols should be barred by law; that existing handguns should be confiscated by state governments; and that antique guns and collector's items should be made inoperable.

In recommending the abolishment of the grand jury system of obtaining indictments, the report said that system did "not justify the delay and inconvenience inherent in the use of a grand jury," but suggested that the system be retained for broader investigative functions.

The commission said that pre-trial processing in felony cases should be completed within 60 days of arrest, and in the cases of misdemeanors within 30 days. In many jurisdictions, such processes now take up to a year or more to complete.

The Commission also recommended the elimination of the "plea bargaining" practice; reevaluation of state laws on gambling, marijuana use, pronography, prostitution, and sexual acts between consenting adults in private; the elimination of consolidation of all police departments with 10 or less officers; and the construction of major state correctional institutions for adult offenders, and the phasing out of all major juvenile offender institutions.

Abernathy Suspends Brookins, West Coast SCLC

Charging that it has been using "strong-arm tactics" to collect advertising payment, Dr. Ralph Abernathy recently suspended the West Coast branch of the Southern Christian Leadership Conference based in Los Angeles.

In a press conference called by Abernathy, the civil rights leader said he was also suspending Bishop H. H. Brookins, president of the chapter, and that he has ordered the creation of a special committee of the SCLC to investigate the charges further.

According to Abernathy, his action came after he received a number of letters from West Coast businesses complaining they gave no authorization for advertisements which appeared in an SCLC publication.

The businesses said the chapter sent them bills and used "strong-arm tactics" to collect payments for the unauthorized advertisements.

While declining to give details on the charges, the SCLC head said the investigation would look into the methods of raising money, but not the handling of it.

Bishop Brookins, when told of the suspension, expressed shock with Abernathy's action. He said the chapter has not received any communication from the national office on the matter.

Brookins, who is bishop of the 17th District African Methodist Episcopal Church, said Abernathy has no power to fire or suspend him, because the latter has already announced his own resignation as president of the SCLC. The bishop said he was answerable only to the local SCLC-West board of directors.

According to Brookins, the chapter's problem, may have something to do with the differences between himself and the former chapter executive director, the Rev. Alvin L. Dortch.

Dortch resigned in July reportedly because of his objections to Brookin's attempt to merge the chapter with Rev. Jesse Jackson's People United to Save Humanity (PUSH).

In answer to Brookin's statement, Abernathy said while he has announced his resignation July 9, it won't be effective until Thursday, Aug. 16. Moreover, he said, he would remain on the job if the organization cannot find a replacement for him after that date.

The SCLC head also denied that the conflict between PUSH and SCLC-West, has a thing to do with the suspension of the chapter and its head.

Abernathy, took over the helm of the SCLC, after the assassination of Martin Luther King, Jr.

Newark's Leaders Dispute

NEWARK - In an angry verbal exchange, Newark's two leading Black political figures, Mayor Kenneth A. Gibson, and Imamu Amiri Baraka, have split openly and set the stage for a bitter mayoral election next May.

The incident occurred following a demonstration at City Hall during which riot police used horses and clubs to scatter about 200 Black residents who came to complain about living conditions in the Central Ward.

Mayor Gibson, who won his position with the help of Baraka in 1970, charged the poet-politician with staging the demonstration to embarass the Mayor's administration while at the same time, increasing Baraka's own political power base in the Black community.

Calling the Mahor a "puppet" of the city's business community, Baraka, in a strongly worded attack, said "It is a Charlie McCarthy-Edgar Bergen relationship with the Negro's mouth flapping but the white racist words coming out."

Mr. Gibson won the 1970 mayoral election with the support of a Black and Puerto Rican coalition, capitalizing on Baraka's ability at organizing an effective district by district canvassing organization.

Due to the corruption scandals that shook the former administration, Gibson was able to win financial support from the city's business sector. However, political sources say, the price Gibson would have to pay for financial support now is the disavowal of Baraka's minitant presence in city affairs.

Baraka has charged Gibson with failing to improve the conditions of the city's poor and with serving as the "native agent" for white financial interests.

He said it would be up to the next Black and Puerto Rican convention in January to decide whether to try to defeat Gibson and thereby risk splitting the Black vote and opening the door to the return of a white administration in the predominantly Black city.

Baraka said that Gibson, who has tried to maintain a moderate image, has provided the climate for business and industrail growth, "but in all this, is there any mention of one new educational structure for the children of the actual residents of this city, Black, Puerto Rican or white?"

City Councilman, Dennis Westbrooks said, "We might concentrate this time on winning a majority on the City Council and then we'll make the Mayor sorry he's sitting there." There are six whites and three Blacks on the Council.



BLACK WRITERS BOOK PUBLISHED

A new book of prose and poetry titled "Black Light - Selected Writings from American Negro Literature," has just been published by Hallmark Cards.

Contributors to the 61-page book include Langston Hughes, Congresswoman Shirley Chisholm, Imamu Amiri Baraka (LeRoi Jones), Margaret A. Walker, Vanessa Howard, W.E.B. DuBois, Jean Toomer, James Weldon Johnson and the Rev. Martin Luther King Jr., whose moving "I Have A Dream," speech is among the book's excerpts.

"Black Light," which is illustrated with 10 color photographs, was edited by Talmadge Spratt, director of educational programs for the Douglass House Foundation, which had its beginning with the famous Watts Writers Workshop. The "New Writers" section of the book includes selections by Workshop members.

In his introduction to "Black Light," Talmadge Spratt writes: "Black literature has blossomed and attained an identity in the past one hundred years. In essays, short stories, novels and poetry, Black people have articulated their feelings as never before. Their words are sometimes loving, sometimes sad, sometimes harsh. But the harshness is a means of lifting veils from long-perpetuated myths and uncovering the truths to be found there. Most of the pieces in this collection are of this century. But no matter what their age, they were chosen because they make a significant statement about the Black experience."

RAPPING ABOUT RACIAL ATTITUDES



Dr. Price Cobbs, center, author of the books "Black Rage," and "The Jesus Bag," chats with local state health officials at his speaking engagement last week, during Health Seminar. Representing the State Department of Health are Earl Paul, left, special assistant in Medical Benefits and Eligibility Program, and Joseph Giles Jr., equal employment program director for the department. Dr. Cobbs' lecture focused on the etiology of racial attitudes.

The Sacramento Observer

SECTION C

SOCIAL WHIRL

AUG. 30-SEPT. 5, 1973

THE WORLD AND WORK OF THE PIMP

(EDITOR'S NOTE: OBSERVER Staff Reporter, Cleora Bradley, has researched and developed a three-part series on the unusual phenomenon - The Pimp. This is Part II. She has dealt with the subject in an honest forthright manner. We think the series will be of interest to OBSERVER Readers. Part III will run next week.

by CLEORA BRADLEY
Observer Staff Reporter

PART TWO

In our article last week, we discussed the Pimp and his image as it has been established, among Blacks of the community. We also, looked at one of the major causes for that image and the threat that it is presently under. We noted the fact, that it developed out of the Ghetto youngster's need for models. And from the scarcity of such models in the community.

Our focus this week, will be on the economic pluses and minuses of "macking."

We chose to deal with economics at this point, mainly because it is probably the most persuasive reason of all for becoming a Pimp. It's the primary motive for one to take part in this world.

Life is fast in the Black ghetto. And it seems that hunger comes visiting there more often than in any other part of the city. The speed of living is such, that one may see a change of financial status as only being worthwhile if it happens like "yesterday." One is aware of the many "hustles" going on everyday in his community, from burglary to dope-peddling to loan sharks, etc. And nowhere does he see evidence of an astute student becoming "nigger-rich" as fast and with as little effort as he can with a hustle.

To many, pimping is just another hustle. To the pimp, it perhaps offers just as much money and less danger than any other "hustle" being used in the ghetto.

From east coast to west coast, these communities are more or less the same. Whether the city is New York, Detroit, Chicago, Los Angeles or Sacramento, pimping exists in proportion to the total demand of that area. And the rules of business are basically the same whether the product is an automobile, or human flesh. For the success is determined by supply and demand of merchandise.

It should be strongly pointed out, however, that "hustles" are not by any means restricted to the Black ghettos of America. They take different forms in other communities but they are there-real, live and devastating. Our concerns, however, are the efforts of "the hustle" on the lifestyles of Black Americans.

How well the Black pimp can supply prostitutes to customers and how many customers are interested in purchasing the service of such women, is a supply-and-demand question just like any other "business." Supply the availability of prostitutes, has always been the easiest of the two major ingredients for the pimp to handle.

The number of young women of the ghetto who often come from the same poverty stricken background as his, is very large. Their needs are often the same.

These girls are often hungry and without any legitimate means of support. It is not unusual for them to have one or two children. The need for money and the need to feel that she is somebody among her friends, is just as strong in the potential prostitute, as it was in the pimp before he entered his world. Justified or not, the potential supply is there.

The number of women the pimp has on the street, is determined principally by his ability to supervise and control, protect and procure. The amount of money he takes in depends upon the quantity and quality of the women he has working for him.

The pimp usually will place his women wherever he feels the greatest amount of money can be earned by them at the least resistance.

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Inside The Whirl

5th Year Transplant

Louis Russell looks back at his second lease on life C-4

Education In Progress

Blacks gain access to the traditionally white institution of higher education C-4

Foster Care Struggles

Fake welfare report and denial of data causes widespread confusion C-6

Hawaiian Beauty, New 'Miss Black Teen'

DANVILLE, Va. - Rosalette Petty, 15-year-old teenager representing the State of Hawaii walked away with the Title of "Miss Black Teenage World," in the Birmingham City Auditorium. Miss Petty, from Kalhia, Hawaii, performed a medley of Polynesian dances for her talent presentation, she edged out Miss Pamela Bosley of St. Louis, Missouri, who was named 1st Runner-up. Miss Petty was sponsored by Amfac, Inc. of Honolulu, Hawaii.

The winner received a $2,400 renewable Scholarship to Hampton Institute, Hampton, Virginia, a Lady Princess Diamond Ring, presented by Epps Jewelry Co. of Birmingham, an Instamatic Camera, presented by Charles Wilson of Eastman Kodak Company, a Pen and Pencil Set by the A. T. Cross Pen Company, and a Tape Recorder by Panasonic. In addition to these prizes, Miss Petty received the Winners Trophy and the "Miss Black Teenage World" Certificate of Merit.

Miss Petty was also selected Miss Talent by the Judges.

Judges for the Pageant were Mayor Algenon Cooper of Pritchard Alabama; Mrs. Ruth Owens, Democratic National Committeewoman for the State of Alabama; John Lucas, University of Maryland Basketball and Tennis Star, Miss Bonnie Logan, Touring Professional Tennis Player; Atty. George Bumoass; Dr. Clyde Williams, President of Miles College; Ms. Sara Smith, Community Relations Director, WBRC TV Channel 42, Birmingham, Alabama.

Miss Pamela Bosley, 17-year-old teenager from St. Louis, Mo., wowed the audience with her impressions of Merv Griffin; Michael Jackson, Mae West and Jimmy Cagney, was selected 1st Runner-up.

Miss Pamela Harvey of La Plata, Md., was selected 2nd Runner-up winning a Scholarship to Tennessee State University as did the First Runner-up.

3rd Place was Miss Black Teenage World of Conn., Miss Marilyn Monroe, she won a scholarship to Langston University.

The other awards were as follows: 4th Place, went to Miss Angela Bridges, Miss Black Teenage World of N. J. Angela received a scholarship to Howard University; Miss Pauletta Payne, Miss Black Teenage World of Alabama won 5th Place and a scholarship to Tuskegee Institute; 6th Place was Miss Black Teenage World of Texas, Miss Esstine Williams, who won a scholarship to Prarie View College; 7th Place was awarded Miss Marcia Jackson, Miss Black Teenage World of Florida, she received a scholarship to Miles College - 8th Place was awarded to Miss Mary Britt, Miss Black Teenage World of Pennsylvania, she won a scholarship to Alabama State University; 9th Place was Miss Lorraine Battle, Miss Black Teenage World of New York, who won a scholarship to Oral Roberts University; 10th Place was won by Miss Pamela Word, Miss Black Teenage World of Ohio, she received a scholarship to Clark College; 11th Place was won by Miss Audrey Jonson, she received a scholarship to Tuskegee Institute; 12th Place was Miss Claudine Hudson, Miss Black Teenage World of Wisconsin, she received a scholarship to Daniel Paine College; 13th Place went to Miss Grace Young, Miss Black Teenage World of Jamaica, West Indies, she received the Booker T. Washington Business College Scholarship and 14th Runner-up was Miss Debra Aldridge, Miss Black Teenage World of Illinois, she received a scholarship the the Virginia College.

All of the scholarships awarded the Finalists are full or one half tuition scholarships and a renewable if the recipient maintains a certain scholastic rating. In addition to the scholarships, the 15 Finalists received Instamatic Cameras from Kodak, the top 5 contestants along with Miss Talent and Miss Together, received Tape Recorders from Panasonic.

All 30 participating contestants received trophies and the Miss Black Teenage World Certificate of Merit. Amfac Inc., received the Sponsors Award. In all, some $55,000 in prizes and scholarships were awarded the participants.

The Pageant is sponsored by Pageants Unlimited, Inc., a non-profit corporation organized to give Black teenagers an avenue of expression that is theirs and one that is creative.

Miss Marcia Jackson, Miss

(Continued on page C-7)

CAMPAIGN LUNCH



Dr. Charles F. Whitten announces the launching of a national educational campaign on sickle cell trait and sickle cell disease to correct some of the misinformation about the disease.

Dr. Whitten is president of the National Association for Sickle Cell Disease, Inc., (NASCD), which was organized to provide leadership and coordination of activities of many sickle cell groups formed at the grass root level.

The campaign kick-off was made with the presentation of the first National Sickle Cell Seal to members of the Congressional Black Caucus. In addition to the educational program, Dr. Whitten stressed to members of the Caucus, the need for continued and accelerated support of sickle cell programs. Sickle cell disease was identified over a half century ago.

Members of National Association for Sickle Cell Disease presents first National Seal for Sickle Cell to members of the Congressional Black Caucus. Shown are, left to right, Dr. Whitten; Rev. Braxton Boyd, First Vice President, Washington, D. C.; Ms. Dorothye H. Boswell, Executive Director, Los Angeles, Calif.; Hon. Charles B. Rangel, (D-Rep.) New York; Hon. Augustus F. Hawkins, (D-Rep.), Calif.; Mrs. Xernona B. Clayton, Member National Advisory Board, Atlanta; and Hon. Ralph H. Metcalfe, (D-Rep.), Illinois.

Retirement Planning Class Scheduled

Hiram Johnson School for Adults is offering a Retirement Planning class at the Senior Service Center on 1725 K St., beginning Tuesday, September 11, 1973. Registration is the first night in the classroom. The registration fee is $5.

Kenneth Fors, L.C.S.W., is the moderator of the class which will cover a series of seventeen evening lectures.

Each session will have a different guest lecturer specializing in a specific area such as wills, nutrition, taxes or mental health. A wide range of interest areas will be covered.

3 New Child Care Centers In Oak Park

The Sacramento County Board of supervisors approved three additional child care facilities in the Oak Park area last Monday. These programs are sponsored jointly by the county, the state and the federal government, and are directed by the Sacramento County Welfare Department.

Supervisor Patrick E. Melarkey, who made the motion to accept the welfare department's recommendations for the contracts, later commented that programs such as the child care centers, were one of the few available alternatives to break the chian of events - which keep people on the welfare roles.

"These programs are restricted to working parents who receive AFDC grants and to former or potential low-income people," said Supervisor Melarkey.

The centers will allow parents with small children to hold jobs while being assured that their children are cared for. The three centers, scheduled to open sometime during the early part of September, are at the following locations: Women's Civic Center, 3555 Third Avenue; Century Chapel Christian Methodist Episcopal Church, 2801 29th Avenue; and Shiloh Arms Apartments, 4009 23rd Avenue.

Another center was opened in the Oak Park area some months ago. It is located at the Oak Park Methodist Church, 3600 Fourth Avenue.

Both the Church located centers, the Oak Park Methodist Church Child Care Center, and the one at Century Chapel, will take children from ages 3 thru 12. Ages of those children attending the one at the Women's Civic Center, are 6 through 12 years, while Shiloh Arms will include youngsters from ages 2 through 12.

For information on eligibility and enrollment, call Mary Owens, at 454-2981.

PUZZLED ABOUT PERMANENT PRESS?



Permanent press suits and dresses may be the greatest summerwear development since the fig leaf—if they're expertly dry cleaned.

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Sugar 'N' Spice, Everything Nice



"Sugar 'n spice, everything nice, that's what little girls are made of." Looking sweet enough to eat, in buttons and bows, left, Buffy's ready for any special occasion in her wine front-button princess dress with white collar, buttons and cuffs. Also in green. Kelli's styling, at the right, too, in a navy short-sleeve shirtdress with multi-color elastic waistband. Also in red. Both dresses of easy-care permanent press double-knit polyeater. Sizes 4-6X, $7. These outfits can be seen in the September issue of Essence Magazine.



A charming little miss in her favorite fall color. Stacy, at left, chose a green hand embroidered smock dress with lots and lots of ruffles. Also in purple and red. Brandi wears a cover-up front-button smock dress with checks on the pockets, collar and sleeve to bring the season in right. In brown and grape. Both dresses of easy-care cotton polyester. Sizes 4-6X.

MOBILIZATION AGAINST FAMINE DEEMED SUCCESSFUL

The Mobilization Against the African Famine held at the Apollo Theatre in New York City recently, was deemed successful by various spokesmen from groups which participated in the extremely well attended event organized to present up-to-date factual dimensions of the drought crisis, and to inaugurate united emergency politcial action designed to aid the 13 millions of African lives currently expected to perish from starvation.

Political activists, leaders, performing artists and African representatives of the drought victims joined together in the proceedings that ranged from documentary film and political analysis, to music and dance generously presented on a donation basis.

Fannie Lou Hamer, veteran civil rights activist from Mississippi, John H. Clarke, noted historian, and U.S. Congressman, Andrew Young, from Georgia, expressed the growing concern of Afro-Americans about the fate of 13 million African men, women, and children who face famine and death in seven African countries. Billy Taylor, Reggie Workman, Hank Crawford, Betty Carter, and Batuki, a Paris based Afro-Brazilian group led the large cast of dedicated and well known singers, dancers, and musicians.

Veteran actor, Ossie Davis, moderated the Mobilization Against the Famine and sparked the determination of those assembled to insist upon an immediate rescue of African people now facing devastation and death.

Letters and petitions were signed by those assembled demanding and strongly urging an emergency meeting of the United Nations General Assembly, an emergency meeting of the U.S. Senate, an increased emergency response from the United States Agency for International Development, and a definite commitment by the United Nations and the United States Government, to an on-going assistance program which would reconstruct and restore the drought stricken areas of Africa by: 1) replacing livestock; 2) providing drill equipment; 3) providing medical supplies and monies for new clinics and additional medical personnel 4) providing at least 300,000 additional tons of sorghum 5) assigning aircraft, ships, and land

(Continued on page C-6)

The World And Work Of The Pimp...

(Continued from Page C-l)

It's activities are not limited to the ghetto and it's residents. He does not discriminate against customers as long as they can pay. Everything is cash. Some of the first money coming into the ghetto from the white community, first passes through the hands of the prostitutes and the pimps.

What are the risks involved in this illegal world of "prostitution and pimping?

There is no doubt that the cost of an attorney or bail is the greatest single expense for the pimp. The personal and professional well-being of his women is also his responsibility. He also may be responsible for her rent, food and clothing.

One of the constant fears of the pimp centers around the possibility that he might lose his women, through dope, the loss of control over them, or through some other pimp ripping-off "his stable." Pimping is a competitive operation. Good prostitutes, can often move from pimp to pimp, or even on their own, and still make it. So, the pimp must always maintain control or he will lose them.

There is the real risks of his illegal activity being detected, going to jail, fines, IRS intervention, social or moral stigmas, etc. Any combination of these will end it all for the pimp. This, of course, depends on how he is able to manipulate his business, dangerous as it may be.

In short, the world of pimping has it's rewards, but whether the risks are worth the gains, it is a judgement we are not prepared to make at this time.

Next week we will conclude this three-part series with a look at the changing moral outlook of pimping and a prediction or two as to the future of the profession.

LONGEST LIVING HEART TRANSPLANT IN 5th YEAR

On August 24, 1968, Louis Russell underwent the 34th heart - transplant operation ever attempted. In the 11th floor surgical suite of the Medical College of Virginia, Dr. Richard Lower performed the surgery which gave Russell the heart of a 17-year-old boy who had been shot to death earlier that day. As Russell approaches the fifth anniversary of the operation, the 48-year-old is not only the world's longest living heart transplant patient, but also the most active.

In the past five years, Russell has returned to his job as Industiral Arts teacher at an Indianapolis junior high school, re-roofed his house, completely finished his basement, spent some time on the lecture circuit and helped his wife, Thelma, launch her successful dress shop.

If Russell, a diabetic requiring daily medication, displays an extraordinary optimism and appreciation of his second lease on life, it must be that his family, and especially his wife, of 28 years, provide strong motivation.

"I guess our story is a love story," says Thelma Russell. "All the worry and fear have made us stronger." Although she understands the day-to-day risk that her husband's body may someday suddenly reject his new heart - in fact, there have already been close calls - she "learned long ago how to taste the bitter and enjoy the sweet and know the difference."

A school dropout at 16, Russell served for two years in World War II, later worked in the foundries of Terre Haute then returned to school on the GI bill, taking a BA and MA at Indiana State Univesity. Shortly after beginning his teaching career he presented his wife with the transcript of her 9th and 10th grade marks. She took the hint, also returned to school, and graduated from high school in 1964.

It was in 1964 that Louis Russell had the first indications of what was to come - the "stomach pains" and "indigestion" that persisted and preceded the massive heart attack he barely survived. Mrs. Russell recalls the doctors' warnings that "there was very little hope that he could have either a normal life or a very long one." Later that year, as the pain again became intense, they started thinking about a heart transplant.

"We knew that he could not live much longer, but we were a bit uncertain about heart transplants. Many of the patients had died and we had to face that possibility," she says.

Charles Russell, eldest of the four Russell children, and a law student at Indiana University, helped make the decision to go ahead with the transplant. "Dad lived from day to day on hypodermic needles and while we thought that he probably would not survive the heart transplant we refused to think about it."

The decision made; Dr. Robert Chevalier, the Russell's family physician in Indianapolis, made arrangements for them to meet Dr. Lower, a former classmate of Chevalier's who had a growing reputation in the relatively new surgical specialty.

In July 1968, Thelma and Louis Russell, with their two daughters, Connie and Helen, left for Richmond not knowing how long they would be away; realizing that in order for Louis Russell to live, they were waiting for someone to die.



Indianapolis school teacher, Louis Russell is the world's 34th and most successful heart-transplant recipient. Here Russell and his wife, Thelma, mark the record-setting fifth anniversary of the operation performed by Dr. Richard Lower at the Medical College of Virginia Hospital. (Photo and article courtesy of McCall's Magazine, which is carrying a story on Russell in its September issue).

"I knew that my husband's future depended on someone's death and that made me sad. But I realized for the first time, how cold and cruel life can be, for I wanted my husband to have his chance at life."

Less than a month after he checked into the hospital, Louis Russell got his chance. His room was on the fourth floor and the operation was to take place on the 11th, so he simply told his wife that he was going upstairs for awhile and that if he didn't return, he was at least headed in the right direction.

Now five record-setting years later, the Russells taste the sweetness of life more than most and are never too busy to listen to other people's problems.

Says Mrs. Russell, "We tell those who despair about their lives that we have been there and we have survived."

COLLEGE - A DREAM NOT TO BE DEFERRED

by MICHAEL Y. CORBETT
Observer Correspondent

Higher education has always been held in tremendously high esteem by those societies, and segments of societies, which have viewed education as a dominant component toward the attainment of maximum upward mobility.

In the United States, education is certainly a primary concern as this is a technological nation, and, needless to say, Blacks in this country, past and present, have recongized the value of education. Lest we forget, education is the one mechanism Black people have consistently viewed as being the means to freedom, equality and equal opportunity. Not just for individuals, but for the entire race.

The day is now upon us when we have large numbers of Black students in America's colleges and universitites, though a parity has not yet been reached. However, changes have occurred and no longer are Blacks confined primarily to Black institutions. Rather, Blacks are now a part of the student bodies of institutions that heretofore have viewed as traditionally white.

Certainly a great deal of that tradition remains, but the important point is that the color of these institutions has changed. Black people now have access!

Yet in the face of this program, there are those within the Black community who deride education as being "irrelevant" or "a white man's thing." It is unfortunate that these same individuals fail to see the "relevancy" of Black economists, scientists, doctors, lawyers, engineers and the like. After all, how is the national Black community to be physically and psychologically renovated if we seek to prevent the development of Black talent and expertise?

Indeed, if Black people want to keep pace in this society, education is an absolute necessity. Black leaders of every conceivable persuasion have recognized that our condition is largely due to our lack of skills and expertise, racism notwithstanding. These same leaders have a consistent track record - they urge Black people to attain the highest education possible.

The significance of education in the United States is obvious from a numbers standpoint alone. The total college enrollment in the fall of 1970, was 8,498,117 nationally (6,371,008 in public institutions and 2,127,109 in private schools), of which 5,834,508 were full-time and 2,663,609 were part-time.

Significantly perhaps, is the sex factor in higher education, a manifestation of the so-called "female role" in this society. For while females account for 50 plus per cent of the population, male college students outnumbered females 4,990,954 to 3,507,163 for the fall of 1970.

A further indication of sexual discrimination is the overwhelming presence of women students engaged in programs leading to degrees in the field of education.

Not surprisingly, California, the nation's richest and most populace state, leads the nation in total college student population. Relatedly, the University of California system (9 campuses) was also the national leader with 113,420 in the fall of 1972. The University of Wisconsin was a distant second with 70,000-plus students. All indications are that California and the University of California will continue to maintain their lofty positions.

However, New York occupies the number one position regarding the total number of colleges and universities with 219. California has 199, but still produced the most students earning their Bachelor's degree in academic years 1969-70 and 1970-71 with 67,836 and 70,900 respectively.

Yet, not to be denied, New York has led, and leads, California by a slight margin in three other important categories - first professional degrees (requiring at least 6 years), Master's degrees and Doctor's degrees (Ph. D., Ed. D., etc.).

In the critical area of education finance, California has consistently led the nation in the amount expended by its institutions of higher education.

Of concern to Black parents and students is the high cost of obtaining a college education. But in spite of high costs, Blacks are steadily increasing their numbers within the college and university ranks. For example, there were 434,000 Black college students in 1967, versus 727,000 in 1972. But more importantly, the probability of a Black high school graduate continuing on to college has also improved.

Consider these encouraging statistics, if you will. In 1972, on a proportional basis, about as many Black as white high school graduates continued their educations by going on to college. In terms of percentages, 49.4 per cent of whites and 47.6 per cent of Blacks, enrolled in colleges and universities. This statistic is rendered all the more significant when one considers that as recently as 1968, the percentages for whites and Blacks were 56.6 and 46.2 respectively, though it is obvious that at least part of the reason for the trend toward parity is a decrease in the propensity for white high school graduates to enroll in college.

But back to the costs of a college education, a factor that has always weighed heavily in the minds of Black parents, and has, in the past, all too often precluded the pursuit of a higher education. In academic year 1970-71, the average cost for a full-time resident (out-of-state residents incur additional fees), student was $1,274 for public institutions, and $2,712 for private schools. Projections for academic year 1980-81 are $1,450 and $3,382 respectively.

However, a cautionary note is in order, these average costs are for all schools (two year, universities and often four year schools). Thus, there are considerable differenced in costs, with universities being appreciably more expensive. Even more importantly, these costs reflect only tuition, room and board.

Yet in spite of the costs outlined, Black parents and prospective college students ought not despair; for today's colleges and universitites are equipped with a vast array of financial aid programs. Programs of such variety as to make it possible for any student with a financial need to attend. Loans, grants, work-study, scholarships, fellowships - you name it - the programs are there for the taking.

But prospective students owe themselves some responsibility too. That responsibility is to be properly prepared to take advantage of the existing financial aid programs at our colleges and universities. And being prepared means more than simply having a desire to attend. It means preparing one's self academically and programmatically. The student who has a 4.0 average in auto-shop (but will still need auto mechanics) is given a much dimmer view than the student with a 3.0 in English, Math, Civic, etc. In a word, the opportunity is there, but one is obligated to acquire proper preparation.

New Dancing Instructor

New to Sacramento, is a very talented Black dancing instructor. Teaching in South Sacramento, and the Rancho Cordova district, Ms. Emma Garnett begins this fall at the Academy of Arts Dance Studio. Ballet, modern jazz, toe and tap is her bag.

Coming from the eastern city of Philadelphia, Emma will share her talents with boys and girls who have a desire to learn what is considered some of the "finer arts."

Ms. Garnett's experience and training comes from many



EMMA GARNETT

schools across the states. Among them are the Pennsylvania Ballet Company, the Jetmyre School of Dance and the Exizabeth Cox School of Dance in Ohio.

She comes to the Sacramento area after having established her own studio in New York, where her air force husband, was assigned for four years. Though Emma Garnett isn't attempting to appease the appetites of all Blacks in the area of Ballet, she does attempt to make her students aware of the relationship between the basics of

(Continued on Page C-7)

JENNEE HUITT

BEAUTY CERTAINLY IS HER BUSINESS!

by CLEORA BRADLEY
Observer Staff Reporter

Her name is Jenee Huitt, and beauty is her business. She has mastered almost every area of work in which the truly beautiful women of the world have labored.

Mrs. Huitt, or Jenee as she would prefer to be called, is presently living in Sacramento. Her stay here, is due primarily to her husband being in the military. For her experience as a model, modeling instructor and actress, was acquired in the world's most exciting cities.

Jenee has proved beyond a doubt, that the military wife has as much, or more opportunity, than most married women to pursue a career. She is a professional model who is working as a modeling instructor with the Joni-Lisa School of Charm and Modeling of Sacramento. She has done promotional advertistment for Mather AFB, and coordinated fashion shows for the base's Service Center. She has judged numerous beauty pageants.

Jenee has won several beauty titles herself, and was recently selected as one of the city's "10 Best Dressed Women of 1973." She has appeared in a number of magazines and on local television. She is perhaps the most remembered for her guest appearance on the Sickle Cell Anemia Special, shown earlier this year.



Jenee Huitt, local model recently won the national title of "Queen of Foxes." The honor was presented at the National Convention of Black Model held in Los Angeles. Aside from her modeling, she also works as modeling instructor for the Joni-Lisa School of Charm of Sacramento. Mrs. Huitt, a few weeks back won the second place in the Miss Credit Union contest sponsored by the Mather Air Force Base. She is the wife of Staff Sergeant, Harvey Huitt, of the base.



Charm is where it's at, for local model Jenee Huitt. She is shown here as she represented the Joni-Lisa Modeling School of Charm at a cocktail party last week. Jenee is modeling instructor for the school. Her other accomplishments include the 1973 title of "Queen of Foxes," which was bestowed on her at this year's National Convention of Black Models in Los Angeles. She was also the second runner-up in the Miss Credit Union contest, sponsored by Mather AFB. She is the wife of Staff Sergeant, Harvey Huitt, of that base.



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Fiber content 55% dacron polyester/45% wool worsted.



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COUNTIES DENIED FOSTER CARE DATA

by PAT SAUER
Capitol News Service

"We got buried under a phony report," a spokesman for the State Department of Social Welfare said this week, referring to a faked welfare document that threatened 250,-000 mothers with loss of their children if they didn't go to work. Widely promulgated by the press, the report was immediately disclaimed by Dr. Earl Brian, secretary of the Health and Welfare Agency, and by David Swoap, state welfare director.

While the faked report was obviously a blow below the belt for the state's welfare bureaucracy, another report from the Joint Legislative Audit Committee on foster care problems seemed to be a clean shot in the chin.

Assemblyman Vincent Thomas, chairman of the joint committee, provides a convincing argument that county welfare agencies are not getting the information they require to identify children qualified for federal reimbursement under foster care programs. That information is supposed to come from the department of social welfare.

Thomas also charged that reoragnization of Health and Welfare Department has been "unsuccessful' and has resulted "only in minor changes in the relationships among the various agencies responsible for foster care."

The welfare department has not responded to the audit committee's report and a source within the health agency said Dr. Brian circulated a note after publication of Thomas's charge asking "Does anybody know what he's talking about?"

Thomas is talking about fragmented administration of the $125 million in foster care programs that have caused "tremendous fluctuation in payment rates from county to county."

The Joint Committee reported that, due to "inadequate and, in some cases, inaccurate information provided by the State Department of Social Welfare," some $18 million in available federal reimbursements for foster care had not been claimed by the state. Thomas, a San Pedro Democrat, said this amount reflects an accumulation of funds over the 6-1/2 year life of the program and affects about 2,600 eligible children. The system is responsible for administering the federal funds for up to 50,000 children the majority of those receiving foster care in California.

One effect of the varied levels of reimbursement offered through state programs is the break-up of sibling dependents. "Current foster care financial arrangements discourage the placement of foster children with relatives and . . . increase the difficulty of siblings remaining together after removal from their parents' home," Thomas said.

While the range of payment for foster children living with relatives is $48 to $115 per month, non-relatives get from $90 to $152 monthly. Institutionalized care programs average $500 a month.

The reports adds that, "In at least one county, the practice of the probation department is to consciously keep the relatives who agree to accept a child in the dark about the availability of support funds. Such placements are most often made by the courts and the relatives under the emotional stress of the moment. In these instances, the relative agrees to accept the child but fails to inqure about financial support."

Arbitaray supplements to that support are offered by the county if the placement becomes too burdensome, but the foster parent must cry "crisis" to get it.

A spokesman for the Health and Welfare Agency, told Capitol News Service, that the $18 million loss claimed by Thomas was "debatable" adding that the legal controversy over eligibility of children for foster care is still going on. "The information given to counties by the State Department of Social Welfare, was based on federal instructions to us," the spokesman said. He added that the instructions were not in writing but had been given verbally to state administrators.

A preliminary analysis of the aduit committee report has been initiated. Sources in the health department say the counter-analysis will show that Thomas's committee was "confused" in regarding foster care as a single, integral program. "We say it's a facility, one thing that can be used - through our juvenile, health or social welfare programs as they relate to the health of children," one spokesman said. "There is no office of foster care."

As it now stands, the Thomas committee charges have been referred upstairs to the federal department of Health, Education and Welfare, but the shortcomings in administration, whoever's fault that may be, filter downstairs to county agencies, where foster care programs take the greatest share of county money outside of general relief.

From here the burden goes to the foster parent and the foster child.

Mobilization Against Famine ...

(Continued from page C-3)

vehicles for internal transportation 6) installing irrigation systems 7) supplying seeds for crops and 8) providing additional funds for agricultural research and development.

A spokesman for the Afro - Americans against the Famine who sponsored the Mobilization Against the Famine expressed satisfaction with the evident, growing concern and resolve of their African brothers and sisters to do everything in their power to help their African brothers and sisters to extricate themselves from the natural calamity they now confront.

save 25% or 33% on Towle sterling place settings, serving pieces!

Patterns available include: Rambler Rose*, Madeira*, Reg. $46.00, $ 30.67 . Candelight, French Provincial, Old Master; Reg. $52.00, $ 34.67 El Grandee, Grand Duchess, King Richard, Mandarin; Reg. $58.00, $ 38.67 3-pc. setting includes knife, fork, teaspoon.

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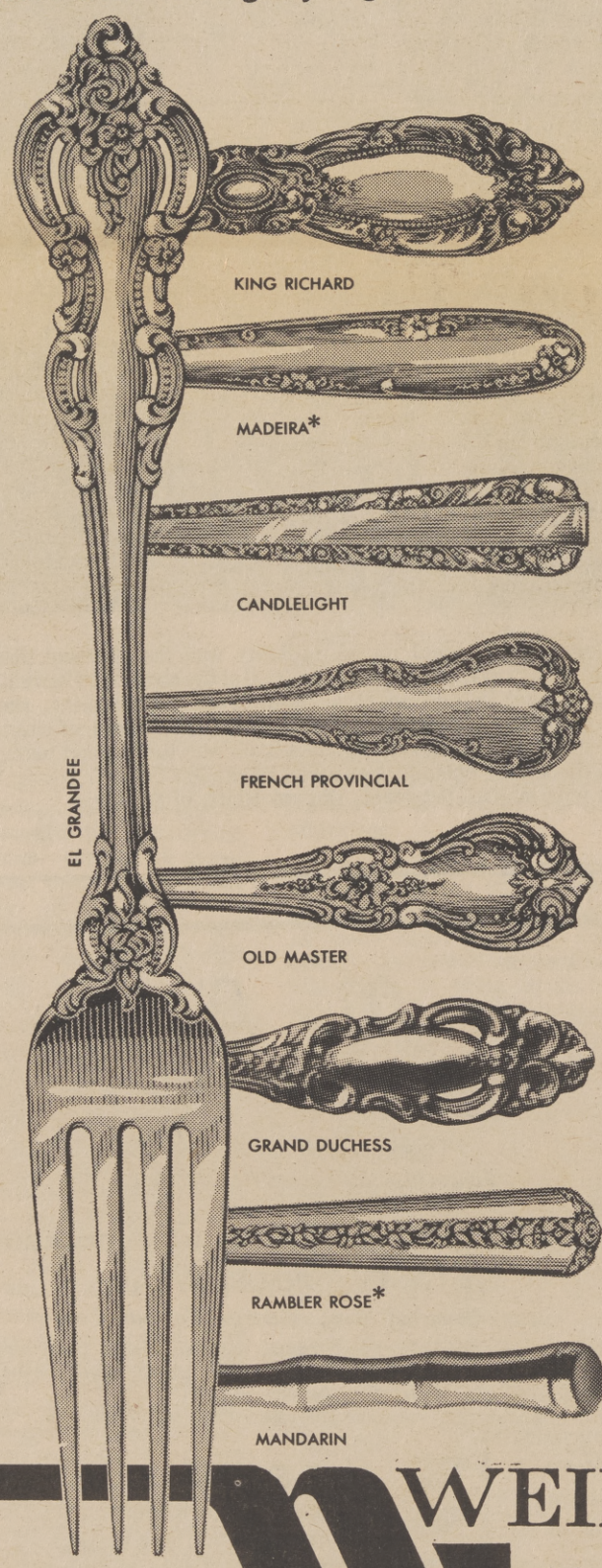
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Donna Hightower, Spain's 'Lady Of Soul'

If you ask a Spaniard who Lady Soul is, it won't be Aretha. Their Lady Soul is Donna Hightower. Donna, who first arrived in Europe 14 years ago, has built a pyramid of success in Spain and throughout the continent, in everything from winning international song festivals to breaking the charts with long-staying hits.

When she first arrived in Europe, Donna was literally stranded in London. She remembers, "I didn't dare go back to America. I didn't want to go back and have everybody looking down on me. I told myself that if my manager and record company had allowed me to be tricked over here because they hadn't investigated the contract, then I just wasn't going back. I decided I would have to make it on my own."

Interviewed by Nick J. Hall for the September issue of Essence, Donna recalls her hard times back in the States. She was discovered by a promoter in a Chicago restaurant working as a cook-dishwasher, and worked her way through the stardom maze from the Apollo, to nightclub dates on the chittlin' circuit, finally ending up in Europe just when the world was becoming more aware of the civil rights struggle of Blacks.

Realizing what this meant, Donna promptly hired a new manager who booked her into a Stockholm nightclub for a limited engagement; she wound up staying for three months. Since that time she has never been out of work.

Throughout Europe, Donna's name is equated with good music; but more and more her popularity in Spain spread so that eventually she became that country's number one attraction and decided to make Madrid "home."

At this point in her career, Donna has begun to explore other aspects of the music world. She is now part owner of a jazz club in Madrid and is producing records. Under her guidance, some of the best, yet little known, musicians now appear at her club.

Never having lost sight of reality, Donna has not forgotten who she is or where she comes from. There is many a story of young Americans who have come to her for help and received it. She also admits that one of the reasons she likes Spain so much is because the people have always accepted her for who she is.

Donna doesn't think about moving back to the U.S.; she has found a new home, and both she and her new country have benefited. Many a Black person traveling in Spain may never see Donna Hightower in person but at least some of the hospitality enjoyed while there will be a direct result of Spain's Queen of Soul.



DONNA HIGHTOWER

New Dancing Instructor...

(Continued from page C-5)

Ballet and the moods and movements of modern styles of dance.

Summer students of Ms. Garnett will be appearing during the Sacramento State Fair on Saturday night, September 1st. Ms. Garnett instructs her students in the hope of developing grace, poise and body control necessary not only in the performance of the Ballet, but to be included in every form of movement their body will attempt.

Blacks today are becoming more aware of arts in which they too, can excell.

Ballet will just be another steping stone in their ability to relate to culture and vise versa.

The instructor still has to perform the normal requirements of a wife and mother. With four children, she still enjoys cooking, sewing, baking and home canning. She looks forward to enjoying the area's culture as well as making the area aware of her presence and of what she has to offer Sacramento.

Lead Poison Testing Aug. 31

The Sacramento County Lead Project staff, will hold a free clinic in its Mobile Van through Friday, August 31, 1973, at the K-Mart parking lot at 5100 Stockton Blvd., Sacramento. The clinic will be open from 10:00 a.m. until 3:45 p.m.

So far, about twenty children have been found with elevated lead blood levels in the Sacramento area. Fortunately, these children can be saved from mental retardation, because they were found in time.

Children who have not been tested for lead poisoning previously, and who are between the ages of one to six, will be tested free, providing they are residents of Sacramento County. Written consent must be given by the parent or guardian; forms for this purpose will be on hand.

For additional information, on this program, call Dan M. Jacobson, Lead Project Coordinator, at 454-2121.

HAWAIIAN BEAUTY NAMED...

(Continued from page C-2)

Black Teenage Florida, was voted Miss Together by her fellow contestants and received the Special Miss Together Trophy. All contestants received cosmetic Kits from Dosner Laboratories.

Ronald Charity, President and Founder of Pageants Unlimited, Inc., said "This pageant proves that Black youngsters 15 to 17 years old are looking for avenues of expression that are positive and rewarding. We are thankful to all of the Colleges and individuals who participated in our Program, their participation is indeed encouraging to these young ladies for they see, "somebody cares."

Pageants Unlimited, Inc., has applied to the IRS for Tax Exempt Status and anyone interested in donating to the Program may do so by mailing donations to Pageants Unlimited, Inc., P. O. Box 1139, Danville, Va.

SENIOR CITIZENS ELIGIBLE FOR PROPERTY TAX AID

More than 243,000 California residents over 62 years of age, have already filed 1973 claims for reimbursement of a portion of their 1972-73 property taxes under California's Senior Citizens Property Tax Assistance Law, according to State Controller, Houston I. Flournoy.

Reimbursements to date, total $43 million for an individual average of $205, Flournoy said. Under the senior citizens law, up to 95 per cent of the property taxes can be reimbursed, depending upon the individual's income.

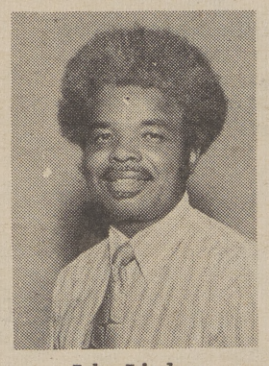
To be eligible for Senior Citizens Property Tax Assistance, claimants must be over 62 years of age, own and occupy their home, have paid property taxes on the home, and have an income of less than $10,000.

Qualified individuals, may obtain forms from any Senior Citizens Property Tax Assistance office, or by writing to Senior Citizens Property Tax Assistance, P. O. Box 1588, Sacramento, CA 95807.

Deadline for filing claims is midnight, October 15, 1973.



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Senior Citizens Lower Air Fair Bill

WASHINGTON, D. C. - A bill that would ease much of the financial strain on senior citizens, was introduced under the co-sponsoring of Congressman, Robert L. Leggett.

At a time when they have time to pursue many lifelong dreams and ambitions, and still contribute to society, many senior citizens are handcuffed by insufficient finances or small fixed incomes.

The Leggett bill would amend the Federal Aviation Act of 1958 and the Interstate Commerce Act, to authorize reduced fare transportation on a space available basis for persons who are sixty-five years of age or older.

Leggett commented, "This bill would clearly be a benefit for both parties. For the airlines, they would now have full half-fare seats instead of empty no-fare seats. For the elderly, it would make air travel much more feasible and would put all the advantages of flying within their reach."

He continued, "Senior citizens should have every opportunity to be financially independent and enjoy active and productive lives. They are partially restricted from this goal by being denied the advantages and conveniences of traveling, and we hope to change this."



everyone needs a periodic spinal examination

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3.47 Regular $4.38
Little Girls' sizes
3 to 6X

3.97 Regular $5.99
Bigger Girls' sizes
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4.97 Regular $4.99
Little Boys' sizes
3 to6
3 to 6X

4.97 Regular $5.99
Bigger Boys' sizes
8 to 12

Bag 'em now - it's better on the budget! Great looking baggie jeans done up just the way your children want them. Cut full and cuffed deep. In plaids, that range from classic browns and navies to bright greens, burgandies, and a sensational purple. Little girls' and boy's, bigger girls' and bigger boys' jeans of polyester and cotton denim. But hurry, sales ends this Saturday, September 1st.

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Satisfaction Guaranteed or Your Money Back

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SUNRISE MALL
5900 Sunrise Mall
961-4111

ENJOY A LABOR DAY OUTING

Here is a fabulous picnic recipe that is sure to please all!

Parmesan Oven Fried Chicken; Frankfurters, Potato Salad, in Tomato Cups, Relishes with Dilly Dip, Rolls - Butter, Pound Cake, Iced Lemonade Tea. Eating in the open air is a delightful way to enjoy informal meals. Cool the baked chicken in the refrigerator before packing. Prepare potato salad and whole tomatoes (same inside portion for sauces, soups, etc.) at home. Pack in containers with tight fitting lids. Refrigerate until ready to leave for the picnic, and then pack in an insulated ice chest. Pack vegetables, green onions, carrots, cucumber, etc., to go with dilly dip. Would you believe the frankfurters originated in Europe? Most persons are not aware of this fact, because they are so much a part of America's casual way of life. Frankfurters or weiners, are convenient and adaptable. Use them in spaghetti, baked beans, soups, Spanish rice mixtures, and scalloped potatoes. Keep foods cold until ready to serve. This is easily done with the use of cold bricks, vacuum jugs and thermo-chests. All of this should top off a most enjoyable Labor Day Outing. PARMESAN FRIED CHICKEN: 8 fryer legs and thighs, 1 cup prepared stuffing mix, 3/4 cup grated parmesan cheese, 1/4 cup chopped parsley, 1 cup melted butter or margaine. Mix stuffing mix, cheese and parsley. Dip chicken in melted butter, then in stuffing mixture. Coat well. Arrange skin side up in a single layer in a shallow baking pan. Pour remaining butter and crumbs over chicken. Bake 1-1/2 hours in 350 degree oven. DILLY DIP: 1 cup sour cream, 1 cup mayonnaise, 1-1/2 teaspoons onion powder, 1-1/2 teaspoon dill weed, 1-1/2 teaspoons seasoned salt or Bon Appetit or Beau Monde Freshly ground black pepper. Combine all ingredients. Chill. Serve as dip with green onions, cherry tomatoes and sticks of carrots, celery, raw zucchini and cucumber. Makes 2 cups. FRANKFURTERS: 1 cup rice, 1 lb. frankfurter-

(Continued on Page F-3)



The Sacramento Observer
WEEKLY
Food
SECTION



GOURMET MUSHROOMS

FRESH AND FLAVORFUL
FOR FAVORITE RECIPES
LARGE SIZE

79¢ LB.



REGULAR OR DIET

SHASTA CAN SODA

10¢ 12 OUNCE CAN



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PEANUT BUTTER

59¢ 18 OUNCE JAR



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FRESH TURKEYS

85¢ LB.
SELF BASTING GR. "A"



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READY TO EAT

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GREEN BEANS KENTUCKY WONDER FRESHLY PICKED — LB. 29¢



BEAN SPROUTS CRISPY FRESH FOR FAVORITE DISHES — LB. 19¢



SUGAR PEAS POPULAR ITEM WITH GOURMET RECIPES — LB. 39¢



CARROTS SNAPPY FRESH CRISP LOOSE — 3 LBS. 29¢



CRISP CELERY CRUNCHY FRESH LARGE SIZE STALK — EA. 29¢



TOMATOES FLAVORFUL CHERRY SIZE FOR SALADS — BKST. 29¢



TASTY PEARS LAKE COUNTY, RIPE AND SWEET — 4 LBS. 99¢



JONATHANS CRISP FLAVORFUL CALIFORNIA APPLES — 4 LBS. 99¢



GARNET YAMS FRESH NEW CROP RICH IN FLAVOR — LB. 29¢



POTATOES U.S. NO. 1 GRADE RUSSETS CELLO BAG — 10 LBS. 79¢

BEAUTIFUL FRESH CUT FLOWERS

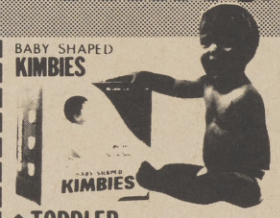


- CARNATIONS • BABY BREATH
- ROSES • POM POMS • ASTERS
- STRAW FLOWERS • YARROW
- CORN FLOWERS • ESTEREENS
- BELLS OR IRELAND.

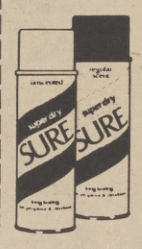
YOUR CHOICE EACH BUNCH 88¢

SELECTION OF HEALTHY GREENHOUSE HOUSE PLANTS

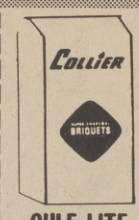
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REGULAR OR UNSCENTED 14 OZ. SIZE



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DETERGENT
COLD POWER GIANT SIZE PKG. 59¢



LAURA SCUDDER
POTATO CHIPS TWIN PACK 10 OZ. 59¢



3 COURSE FROZEN REG.
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TREESWEET GRAPEFRUIT
FRUIT JUICE 6 OZ. CAN 6 PACK 65¢



NABISCO SNACK
CRACKERS REG. SIZE PKG. 49¢



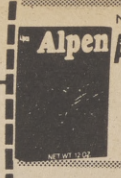
CHICKEN OF THE SEA 6½ OZ.
LIGHT CHUNK TUNA 43¢



USDA CHOICE BONELESS TOP
ROUND STEAKS $1.99 LB.



NATURAL 12 OZ. PKG.
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ASSORTED FLAVORS 6 OZ.
JELLO GELATIN 20¢



USDA CHOICE FAMOUS TRIMMED
CHOICE STEAKS
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COFFEE GRINDS FOLGER 2 LB.	$1.78	
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COFFEE INSTANT FOLGER 10 OZ.	$1.49	
CARNATION CREAMER 11 OZ. COFFEEMATE	69¢	
MARTINELLI NATURAL 32 OZ. APPLE JUICE	44¢	
MINUTE MAID FROZ. 16 OZ. ORANGE JUICE	69¢	
REFRESHING ELEXER 26-OZ. TOM N' DILL	99¢	
PILLSBURY BUTTERMILK 8 OZ. TUBE BISCUITS	12¢	
IMPERIAL 1 LB. TUB SOFT MARGARINE	49¢	
LOG CABIN 36-OZ. SIZE TABLE SYRUP	99¢	

APPLETIME 303 CAN APPLE SAUCE	20¢	
OCEAN SPRAY 300 CAN CRANBERRY SAUCE	31¢	
BIRDSEYE INTERNATIONAL 10 OZ. VEGETABLES	45¢	
DINNERS REGULAR PKG. CHEF SUPREME	59¢	
LAURA SCUDDER POQITAS 10 OZ. TORTILLA CHIPS	55¢	
RIPE PITTED MEDIUM 300 OBERTI OLIVES	47¢	
KOSHER DILLS 32 OZ. JAR HEINZ PICKLES	59¢	
SWEET 9¾ OZ. SIZE HEINZ RELISH	34¢	
PREPARED 24 OZ. SIZE FRENCH'S MUSTARD	39¢	
FORMOST PINT CARTON COTTAGE CHEESE	44¢	
FLAVORS 8 OZ. CARTON YAMI YOGURT	23¢	
BETTY CROCKER 22½ OZ. PKG. BROWNIE SUPREME	69¢	

CAREFREE 7 OZ. 51 PAK FOAM CUPS	58¢	
CAREFREE WHITE 9 IN. 100 PAK PAPER PLATES	79¢	
ZEE SUNFRESH 60 PACK PAPER NAPKINS	13¢	
ALUMINUM FOOD WRAP 12"x25" REYNOLDS FOIL	29¢	
NORTHERN 4 ROLL PACK TOILET TISSUES	39¢	
DEAL PACK JUMBO SIZE ALL DETERGENT	$2.16	
DETERGENT DEAL PAK. 50 OZ. ALL DISHWASHER	89¢	
LAUNDRY DETERGENT 32 OZ. WISK LIQUID	81¢	
DEAL PACK GALLON PUREX BLEACH	49¢	
PACKAGE OF 18 SOS SCOUR PADS	54¢	
JOHNSON WAX 14 OZ. PLEDGE SPRAY	$1.39	
CAT FOOD 2 LB. PACKAGE LITTLE FRISKIES	64¢	

GROUND FRESH FROZ. 4 LB. BEEF PATTIES	$4.28	
FRESH EASTERN 3 LB. UNDER SPARE RIBS LB.	$1.39	
BONELESS 1877 ARMOUR HAM LB.	$1.98	
OSCAR MAYER 1 LB. PKG. HAM STEAKS	$2.58	
BEL AIR FIRST QUALITY SLICED BACON LB.	$1.39	
ARMOUR STAR TURKEY BREAST LB.	$1.29	
FOSTER FARM WHOLE FRESH FRYERS LB.	79¢	
GALILEO 11 OZ. CHUB DRY SALAMI	$1.79	
ARMOUR STAR 12 OUNCE ALL MEAT FRANKS	93¢	
BEL AIR BRAND 12 OZ. LUNCH MEATS	79¢	
RANDOM WEIGHT PACKAGE KRAFT BULK CHEESES MILD, MED. SHARP, CHEDDAR, MILD SHARP, LONGHORN, MOZZARELLA, MUENSTER, MONTEREY, LAKAWAY, BRICK SWISS	10¢ OFF EACH PKG.	

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BANANA OR DATE NUT
ASSORTED LOAF CAKES 2 FOR 99¢



ASSORTED FLAVORS
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APPLE FILLED
DELICIOUS TURNOVERS 4 FOR 89¢

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FILTERED 80 PROOF QUARTS BEL AIR VODKA	$3.88	CLEAR 80 PROOF FIFTH SMIRNOFF VODKA	$5.09
LONDON DRY 80 PROOF QUART BEL AIR GIN	$3.88	LONDON DRY 90 PF FIFTH GILBEY GIN	$4.69
STRAIGHT WHISKEY 86 PF. FIFTH BEL AIR 4 YEAR	$3.88	STRAIGHT WHISKEY 86 PF. FIFTH EARLY TIMES	$5.49
IMPORTED 86 PROOF FIFTH BEL AIR SCOTCH	$4.47	HEARTY BURGUNDY, CHABLIS BLANC ½ GAL. GALLO WINES	$2.49
WEST INDIES FIFTH BEL AIR RUM	$3.79	CHATEAU LA SALLE FIFTH CHRISTIAN BROS.	$2.10



CLOSED ALL DAY LABOR DAY

ADVERTISED FEATURES EFFECTIVE THRU SEPT. 4

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Anyone Can Be A Winner In Pillsbury's 'Bake-Off'

It's easy to create a winner in the "Bake-Off" contest, because easy ideas are the way America lives and bakes.

With few ingredients and a quick to fix family recipe with a new twist - you, too, could be a finalist and have a chance to vie for the $70,000 in prize monty.

To start your creative thinking, here are some recipe examples from previous "Bake-Off" contests.

They are representative of ideas you can enter in the Refrigerated Crescent Roll Division. Recipes here may be entered in two categories: Quick Meal or Quick Snack and Sweet Roll. Either crescent or Italian flavored crescent rolls may be used.

Crispy Crescent Cinnamon Twists is a recipe that rates high in popular appeal - one of the contest's judging criteria. These sweet snacks feature common ingredients - sugar and cinnamon - that are well liked by most family members.

The recipe uses few ingredients and is very quick to make - less than 30 minutes. Crispy Crescent Cinnamon Twists is a good example of a recipe you could enter in the Refrigerated Crescent Roll Quick Snack and Sweet Roll Category.

Another winning idea which falls in this category is Quick-Glazed Caramel Crescents. These good eating rolls start with refrigerated crescent roll dough in place of the more time consuming yeast dough.

The rolls feature a filling of sugar-cinnamon and raisins - again, a popular flavor combination. The quick glaze is a combo of butter, brown sugar, and cream which is mixed right in the baking pan. So rich and delicous, these rolls rate high in taste and appearance - another judging criteria.

Italian Puff Pie is an example of an easy, family recipe that could be entered in the Refrigerated Crescent Roll Quick Meal Category.

The spicy ground beef base has a flaky pastry topping which is a unique use of refrigerated crescent rolls. Before baking, the dough is topped with Mozzarella cheese for an added flavor bonus.

If you plan to enter the Refrigerated Crescent Roll Division in this year's "Bake-Off" contest, remember these tips:

. select an idea that shows off the light, flaky characteristics of crescent rolls.

. keep your recipe simple - both in preparation and number of ingredients.

. use ingredients that have high appeal with family members and choose ingredients that are easy to buy or that you would commonly have on hand.

. the cost of the recipe should be a good value for the occasion where it will be served.

. your recipe should taste great and be eye appealing.

The contest entry phase closes October 31, 1973. Get your entry blank now at your local supermarket or by writing:

The Pillsbury Company, "Bake - Off" Contest Entry Blanks, Box 60 - 38-B, Minneapolis, Minn., 55460.

The winners will be announced in December and the contest finals will be held February 17-19 in Phoenix, Arizona.

QUICK GLAZED CARAMEL CRESENTSS

1/2 cup firmly packed brown sugar
1/3 cup heavy (whipping) cream (do not substitute)
8-oz. can Pillsbury Refrigerated Quick Crescent Dinner Rolls
2 tablespoons butter or margarine, softened
2 tablespoons raisins
1 tablespoon sugar
1 teaspoon cinnamon

Preheat oven to 375 degrees. In an 8 or 9-inch square or round pan, combine brown sugar and cream. Separate crescent dough into 2 large rectangles. Overlap long sides; firmely press edges and perforations to seal, forming 1 large rectangle. Spread with butter. Combine raisins, sugar and cinnamon; sprinkle over dough. Starting at longer side, roll up; press edges to seal. Cut into 9 slices about 1-1/2 inches wide. Place cut-side-down in prepared pan. Bake at 375 degrees for 20 to 25 minutes until golden brown. Let stand 5 minutes. Invert to remove from pan. Serve warm. Makes 9 rolls.

ITALIAN PUFF PIE

1-1/2 lbs. ground beef
1/2 cup soda cracker crumbs
1/2 cup chopped onion or 2 tablespoons instant minced onion
1-1/2 oz. pkg. spaghetti sauce seasoning mix
2 tablespoons milk
1 egg
3 tablespoons catsup
1/4 cup grated Parmesan cheese
1-1/2 cups (6 oz.) shredded Mozzarella cheese
8-oz. can Pillsbury Refrigerated Quick Crescent Dinner Rolls

Preheat oven to 400 degrees. Lightly grease 9-inch pie pan. In medium mixing bowl, combine ground beef, cracker crumbs, onion, seasoning mix, milk, egg and catsup; mix well. Press meat mixture into prepared pan; sprinkle with the Parmesan cheese and half the Mozzarella cheese. Bake at 400 degrees 20 to 25 minutes until cheese is melted. Separate crescent dough into 8 triangles. Arrange triangles over partially baked meat mixture; sprinkle with remaining Mozzarella cheese. Bake an additional 15 to 20 minutes until top is puffy, light golden brown and center is no longer doughy. To serve, cut in wedges. Refrigerate any leftovers. Makes 4 to 6 servings.

TIP: Reheat, loosely covered with foil, at 400 degrees for 20 to 25 minutes until heated through.



Crispy Crescent Cinnamon Twists, Quick-Glazed Caramel Crescents, Italian Puff Pie.

Breakfast Is A Good Habit

For most people, eating breakfast is good and skipping it is bad.

This has been established in numerous nutrition research projects in industry and at universities. In one study, the habits of breakfast - and nonbreakfast - eating students at the University of Iowa, were observed for 10 years.

Studies at a North Carolina textile mill showed that workers who ate breakfast were more alert throughout the morning and suffered less "late morning letdown" than those who skipped the meal.

Weight control efforts are more difficult when breakfast is passed up. Those who miss breakfast tend to over-eat at lunch.

"For good nutrition, and to meet their energy needs, people should consume at least one-fourth of their total daily calorie and protein needs at breakfast," said Ms. Sara Cina, Dairy Council of California nutrition consultant.

Of the Americans who skip breakfast, most say they do it because they don't want to take the time or because they aren't hungry, according to Ms. Cina.

Educators say people can teach themsleves to eat breakfast. It's a matter of creating a habit, or conditioning.

Breakfast need not be a complicated, time-consuming project. To begin building the daily breakfast habit, a person can try one of the popular liquid breakfast drinks now available. All one needs to do is add milk and drink it. It takes a few minutes, but the nutritional benefits last for hours.

After a few days, some other foods gradually can be added or substituted, such as a slice of enriched toast or a ready-to-eat cereal.

"Fruit juice or fresh fruit take little time," said Ms. Cina, "and they provide a number of important vitamins, including A and C."

As the breakfast habit grows, bacon and eggs or a similar high protein food can be added to the routine. The important thing to consider, is the nutritional value of the food.

Breakfast doesn't have to be traditional at all. There is nothing wrong with having a hamburger or a dish of cottage cheese and fruit for breakfast, say nutritionists. Or tacos. Or ice cream.

An excellent guide for breakfast - or any meal - is to make selections from the Four Food Groups (milk, meat, vegetables and fruits, breads and cereals). The Four Food Groups are based on the nutritional requirements of the Food and Nutrition Board, National Academy of Sciences.

Dairy Council of California is a statewide nutrition education and research organization. It maintains a staff of 25 nutrition consultants who regularly conduct nutrition education workshops for school teachers, health and medical professionals and community groups.

For a free copy of Breakfast In Haste, send a stamped, self addressed envelope to Dairy Council of California, P. O. Box 28 B-16, Sacramento 95801.

Enjoying A Labor Day Outing...

(Continued from Page F-1)

cut crosswise
1/4 cup minced onion
1/4 cup green pepper
1 1-lb. 12-oz. can tomatoes
1/4 teaspoon garlic powder
1 teaspoon salt
1/8 teaspoon pepper

Lightly brown frankfurters and rice, in skillet on low heat. Add onions and green pepper. Cook 1 minute longer. Pour in tomatoes to which seasonings have been added. Simmer 30 minutes, stirring occasionally.

NOTE: The picnic isn't over until the site is cleaned and left in order.

YOU'RE WHISTLING IN THE DARK...

IF YOU THINK HEART ATTACK AND STROKE HIT ONLY THE OTHER FELLOWS FAMILY.

Help your Heart... Help your Heart Fund

CON-SUMER



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HOLIDAY BARBECUE ITEMS AT LOW EVERDAY DISCOUNT PRICES

Charcoal Starter	GULF LITE 32 oz. can	39¢
Charcoal Briquets	LADY LEE 10 lb. bag	79¢
Paper Napkins	SCOTT Viva, Assorted Colors pkg. of 140	37¢
Pork & Beans	VAN CAMP'S 16 oz. can	19¢
Fruit Drinks	HARVEST DAY Assorted Flavors (Orange 10% Juice 31¢) 46 oz. can	29¢
Ripe Olives	EARLY CALIFORNIA Medium Pitted 6 oz. can	48¢
Harvest Day Buns	Hot Dog Plain or Hamburger, Plain or Sesame pkg. of 8	34¢
Cocktail Peanuts	PLANTER'S 6½ oz. can	47¢
Dry Roasted Cashews	PLANTER'S 7 oz. jar	89¢
Potato Chips	LAURA SCUDDER'S Regular, Barbecue or Dip Chip Twin Pak 10 oz. pkg.	68¢
Paper Cups	DIXIE Cold Cup 9 oz. pkg. of 40	45¢
Paper Plates	CAPRI — 9" pkg. of 100	69¢



FRYERS USDA Grade A, Whc. Body (Cut Up, lb. 65¢) lb. **59¢**

SLICED BACON LADY LEE (Thick, 2 lb. pkg. 2.84) 1 lb. pkg. **1.43**

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YOUNG TURKEY BREASTS JENNIE-O, USDA Grade A, Pre-basted, lb. **1.63**

LEG OF LAMB USDA Choice lb. **1.29**

RATH SMOKED HAM Hickory, Fully Cooked, Boneless lb. **2.51**

TASTE-O-SEA — Pre-Cooked — Heat & Eat
Shrimp Patties lb. **96¢** **Sole** lb. **1.17**
Haddock lb. **1.11** **Perch** lb. **95¢**

SMOKED HAM Sugar Cured, Fully Cooked, Shank Half (Butt Portion, lb. 1.27) lb. **1.17**

PORK LOIN ROAST Loin End 3½ to 4 lb., Finest Eastern. lb. **1.15**

RATH SLICED BACON Hickory Smoked lb. **1.44**

FRESH LINK SAUSAGE lb. **1.65**

HORMEL LITTLE SIZZLERS 12 oz. pkg. **1.14**

YOUNG TURKEY DRUMSTICKS lb. **79¢**

TURKEY WINGS lb. **82¢**



LEAF LETTUCE Garden Fresh Butter - Red Leaf or Romaine each **15¢**

HONEYDEW MELONS Real Beauties at Peak of Season Goodness. each **49¢**

BARTLETT PEARS Sweet N Juicy from Lake County lb. **25¢**

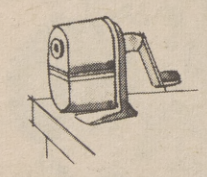
BANANAS FANCY GOLDEN RIPE lb. **11¢**

SWEET CORN Large well filled ears. Just right for Bar-B-Q. . . each **11¢**

CALIFORNIA APPLES

DELICATESSEN

Canned Ham	HORMEL E.X.L. 3 lb. can	6.34
Smokie Links	OSCAR MAYER 12 oz. pkg.	1.40
Braunschweigher Spread	OSCAR MAYER 8 oz. tube	77¢
Sliced Cheese	LADY LEE American, Pimento or Swiss — 8 slices 8 oz. pkg.	61¢
Wieners	OSCAR MAYER All Meat 1 lb. pkg.	1.20
Cotto Salami	OSCAR MAYER 8 oz. pkg.	93¢
Bologna	OSCAR MAYER All Meat 8 oz. pkg.	83¢
Pillsbury Biscuits	or BALLARD (Extra Lite 8 oz. pkg. 13¢) 8 oz. pkg.	12¢
Shrimp Cocktail	LASSCO 4 oz. jar	36¢
Ball Park Franks	HYGRADE 1 lb. pkg.	1.24



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3/8" LABEL MAKER Use for home, school or at work. (Label tape 64¢) each **99¢**



CRAYOLA CRAYONS Box has built-in sharpener. 64 ct. box **79¢**

NETTED CANDLE Low-boy style. Pleasantly scented, with citronella. Glass container in translucent colors. Keeps insects, flying objects at a distance, besides the soft glow of candlelight. each **48¢**

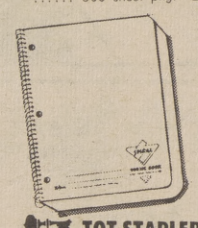


DAIRY PRODUCTS

Lady Lee Eggs	GRADE AA — Dozen Carton	
	Extra Large 88¢ Large 84¢ Medium	79¢
Fruit Drinks	LADY LEE Grape, Punch or Orange ½ gal. ctn.	24¢
Coffee Creamer	LADY LEE 16 oz. jar	68¢
Whip Topping	PEN & QUILL 15½ oz. can	61¢
Cheese Spread	LADY LEE Processed 2 lb. pkg.	1.16
Kraft Cheese Spreads	Olive Pimento, Pimento or Pineapple 5 oz. jar	35¢
Ice Cream	LADY LEE Deluxe — Assorted Flavors ½ gal. ctn.	79¢
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BRIEF FOLDERS 4 pack. Ideal for Class Reports. Assorted Colors. Stock up now. each **49¢**

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LAMP OIL Plastic container, 1 qt. Pleasantly scented, smoke-free, no kerosene additive. Bayberry, Peppermint or Spice. each **88¢**

GLASS TUMBLERS Anchor Hocking. Textured, rippled PAGODA design. Easy grip, squared bottom. Translucent colors of honey gold or beautiful laser blue. (Giant Beverage 23 oz. — 25¢) Tall Drink Size, 16 oz. **18¢**

COFFEE MUGS Glass. Straightsided, they stack. Bold, colorful Super Fruit or Pop Floral designs on milk white glass background. Mix or Match. 8 oz. **32¢**

BREAD-CEREAL-FLOUR

Harvest Day Bread	White or Wheat Reg. or Sandwich 16 oz. loaf	27¢
Donuts	HARVEST DAY Assorted Varieties pkg. of 8	41¢
Shredded Wheat	NABISCO Spoon Size 18 oz. pkg.	52¢
Rosan Noodles	Instant Ramen Pre-Seasoned or Wun Tun Mein Style 3 oz. pkg.	16¢
Pancake Mix	HUNGRY JACK Buttermilk 32 oz. pkg.	59¢
Pillsbury Fruit & Crunch	Cherry Snack or Apple Snack 18 oz. pkg.	81¢
Sandwich Cookies	SUNSHINE Tru Blu Vanilla or Chocolate .25 oz pkg.	62¢
Gold Medal Flour	Regular 5 lb. bag	89¢

CONDIMENTS & PRESERVES

Log Cabin Syrup	Maple Blend 24 oz. bottle	81¢
Dill Pickles	DEL MONTE Halves 22 oz. jar	49¢
Kosher Dill Pickles	DEL MONTE Halves 22 oz. jar	47¢
Mayonnaise	BEST FOODS 32 oz. jar	79¢
Peanut Butter	SKIPPY Creamy or Chunk Style 28 oz. jar	1.15
Strawberry Preserves	LADY LEE 20 oz. jar	67¢
Kraft Salad Dressing	Catalina 8 oz. bottle	45¢
Heinz Ketchup	26 oz. bottle	53¢
S & W Dill Pickles	Tiny Kosher 12 oz. jar	54¢

FRUITS & VEGETABLES

Vegetable Cocktail Juice	V-8 6 oz. can pkg. of 6	62¢
West Mushrooms	Stems and Pieces 4 oz. can	29¢
Golden Corn	HARVEST DAY Cream Style or Whole Kernel 17 oz. can	20¢
Cut Green Beans	LADY LEE 16 oz. can	22¢
Lady Lee Peaches	Yellow Cling Halves or Sliced 29 oz. can	37¢
Mandarin Oranges	EMPRESS 11 oz. can	29¢
Fruit Cocktail	DEL MONTE 17 oz. can	29¢
Applesauce	HARVEST DAY 16 oz. can	19¢
Fruit Drinks	ORCHARD Tropical Punch or Orange 64 oz. can	52¢
Golden Corn	HARVEST DAY, Vac Pak 12 oz. can	20¢

FISH & MEATS

Hormel Tamales	All Beef 15 oz. can	44¢
Beef Stew	DINTY MOORE 24 oz. can	89¢
Tiny Tot Sardines	Brisling Cross Pack 3¾ oz. can	49¢
Light Chunk Tuna	STAR KIST 9¼ oz. can	73¢
Minced Clams	GORTON'S 6½ oz. can	37¢
Beef Ravioli	RIVIERA 40 oz. can	79¢

OTHER ITEMS

Purina Cat Food	Special Dinners A'La Sea, Sea Nip or Dairy 28 oz. pkg.	59¢
Kitty Queen Cat Food	(Chopped Kidney, 6 oz. can 36¢) Choped Liver 6 oz. can	30¢
Dog & Cat Food	SKIPPY Regular, Liver & Chicken 15 oz. can	14¢
Schilling Garlic Salt	3¾ oz. jar	32¢
D-Con House & Garden	Bug Killer — Aerosol 11 oz. can	1.04
Spaghetti Sauce Mix	SCHILLING 1½ oz. pkg.	24¢
Funny Face Drinks	Sugar Sweetened Yields 2 qts. reg. pkg.	22¢

BEVERAGES

Lucky Gin or Vodka	5th 2.99 Qt. 3.73 (½ Gal. 7.42)	
Old Crow 86	Straight Whiskey 5th 5.39 Qt. 6.49	
Dinner Wines	HARVEST DAY Burgundy, Sauterne, Vin Rose or Pink Chablis ½ gal. bottle	1.65
Harvest Day Beverages	Assorted Flavors 12 oz. can	10¢
Premium Beer	GOLDEN CROWN, Ring Pull Top (Case of 24 — 3.45) 12 oz. can pkg. of 12	1.77

Available Only at Stores With In-Store Liquor Depts.

COFFEE & TEA

FOLGER'S COFFEE Regular, Electric Perk or Drip Grind 2 lb. can **1.79**
(Regular or Drip Grind 3 lb. can 2.76)
(Regular Grind 1 lb. can 1.00)



Coffee Crystals	FOLGER'S 10 oz. jar	1.52
Harvest Day Coffee	Regular or Electric Perk Grind (3 lb. can 2.53) (1 lb. can 88¢) 2 lb. can	1.69
Ice Tea Mix	NESTEA Lemon and Sugar 12 oz. jar	59¢
Tea Bags	HARVEST DAY pkg. of 100	95¢

FROZEN FOODS

JENO'S PIZZA SNACK TRAY 7 1/4 oz. pkg. **93¢**

Orange Juice	DONALD DUCK (12 oz. can 47¢) 6 oz. can	25¢
West Pac Vegetables	Mixed Vegetables, Stew Vegetables or Cut Corn. In Poly Bag. 20 oz. bag	37¢
Cool Whip	BIRD'S EYE 9 oz. tub	57¢
Halibut	VAN DE KAMP French Fried 24 oz. pkg.	2.79
Ore-Ida Potatoes	Golden Fries 1 lb. pkg.	31¢
Juice	DOLE Pineapple-Orange 6 oz. can	17¢
Green Peas	FLAV-R-PAC 10 oz. pkg.	23¢

MORTON'S CREAM PIES Assorted Flavors 14 oz. pkg. **29¢**

LAUNDRY AIDS

GAIN DETERGENT 49 oz. pkg. **88¢**

Detergent	LADY LEE — No Enzymes 49 oz. pkg.	53¢
Dishwashing Liquid	SWEETHEART — Lime 22 oz. plastic	29¢
Lysol Liquid	Cleaner — Pine-Scented 12 oz. glass	87¢

SALVO DETERGENT 24 Tablets 46 oz. pkg. **79¢**

Ajax Liquid Cleaner	All Purpose With Ammonia 28 oz. plastic	62¢
Dishwasher Detergent	LADY LEE 35 oz. pkg.	56¢
Lady Lee Cleanser	With Chlorine Tape Top 14 oz. can	13¢

PALMOLIVE LIQUID DETERGENT Green 22 oz. plastic **44¢**

PAPER PRODUCTS

Paper Towels	SCOTT Viva, 2-Ply, Fiesta Designer, Asst. Colors, 126 sheet roll	35¢
Sandwich Bags	LADY LEE Fold and Close pkg. of 150	37¢
Aluminum Foil	LADY LEE 12 Inch 25 ft. roll	24¢
Kleenex	Facial Tissue — 2-Ply, Assorted Colors or White pkg. of 200	31¢
Bathroom Tissue	ZEE Single Ply Assorted Colors 4 roll pkg.	42¢
Dixie Cups	Bathroom Dispenser Refill Assorted Colors pkg. of 100	56¢

MODESS Sanitary Napkins Super or Vee Form pkg. of 40 **1.24**

Easy Creative Cooking Ideas

CASHEW NUT LOAF
2 cups chopped onions
2 tablespoons oil
1 tablespoon Savita or Vegex
3 cups raw cahsews, finely chopped
3/4 cup evaporated milk
1-1/2 teaspoon paprika
3/4 cup cracker crumbs
1/2 can gluten burger or 3



cakes tofu
3 large eggs
2 teaspoons Bakon Yeast
1 teaspoon celery salt
1/2 teaspoon Accent
1 teaspoon sage
1 teaspoon salt
Saute onions in oil; add Savita or Vegex. Put into greased casserole. Set casserole in pan of hot water and bake, 350 degrees for 1-1/4 hours.

COMPANY SALAD
2 pkgs. lime gelatin
1-1/2 cups hot water
24 large marshmallows or 3 vups small ones



Heat together in pan until gelatin is melted and marshmallows are partially melted. Cool.

Add:
No. 2-1/2 can crushed pineapple with juice
1 cup shredded cabbage, celery, or carrots, whichever you prefer
1 cup mayonnaise
Whip:
2 cups cream or 1 can chilled canned milk
Fold in. Let set several hours.

LEMON PIE
Grated rind of 1 large lemon
1/8 teaspoon salt
1/2 cup cornstarch
1 cup sugar
2-1/2 cups water
2 eggs, separated
1 tablespoon margarine
Juice of 2 lemons
Bake crust before making filling. Mix grated lemon rind and salt with cornstarch, and sugar, which have been sifted together.



Add cold water gradually, then bring to a boil, stirring constantly. Set away from heat. Separate yolks from whites, add margarine and 1 tablespoon water to yolks, and stir; then add part of hot mixture, and stir well. Pour yolk mixture all at once into boiling mixture, and stir over heat just a few moments. Remove from heat. Add lemon juice, mix well, and pour into baked pie shell.
Add sprinkle of salt to whites and beat until frothy; then add 2 tablespoons sugar and a few drops of lemon flavoring, and beat until quite stiff. Spread over filling, and brown lightly in medium oven.



COFFEE ICE CREAM PIE
Coffee is a beverage which is served by practically every homemaker in America at least once a day because so many people are fond of the taste. That is why it is used often to

COOKING CREATIVELY

flavor cakes, pies, ice cream, frosting, etc. Try this cooling dessert on warm summer days.
1 cup fine graham cracker crumbs
1/4 cup granulated sugar
1-1/2 teaspoons cinnamon
1/4 teaspoon nutmeg
1/8 teaspoon salt
1/4 cup butter or margarine, melted
2 pints coffee ice cream
Preheat oven to 325 degrees. Crush crackers fine with a rolling pin, or place them in a blender. Mix in sugar, cinnamon, nutmeg, and salt. Blend in melted butter. Press onto the bottom and sides of a greased 9-inch pie pan. Bake for 5 minutes, cool and fill with 2 pints of coffee ice cream. Place in the freezer. Let stand for 20 minutes before serving. While waiting, prepare sauce.

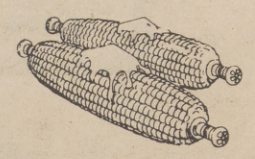
CONVERSATION SALAD
1/2 cup red cinnamon candies
2 cups hot water
2 pkgs. raspberry gelatin (or lemon or other flavor)
1 cup ice water
2 cups applesauce
1/2 cup chopped nuts
2 3-oz. pkgs. cream cheese or same amount if cottage cheese
2 tablespoons mayonnaise
2 tablespoons lemon juice
Dissolve cinnamon candies in hot water while it is coming to a boil. Dissove gelatin in hot cinnamon water. Add ice water, lemon juice, and applesauce. Mix thoroughly. Cool until slightly thickened. Add nuts. Mix cream cheese and mayonnaise thoroughly, and swirl cheese mixture through gelatin. Turn into large mold or individual molds, and chill.

TAMALE LOAF
Cook in large kettle until onion is brown:
1/2 cup oil
2 tablespoons margarine
1 large onion, chopped



ADD:
1 No. 303 Can cream corn
1 No. 303 Can stewed tomatoes
1 tablespoon salt (half salt, half garlic salt)
1 cup milk
3 eggs beaten
1-1/2 cups yellow cornmeal
2 small cans sliced or chopped olives
Pour into buttered casserole, and bake 1/2 hour at 375 degrees.

BROWN OATMEAL ROLLS
2 cups boiling water
1 cup rolled oats
1 cake or pkg. yeast



1/3 cup lukewarm water
2/3 cup brown sugar
2 teaspoons salt
3 tablespoons oil
5 to 5-1/2 cups flour (may be 1/2 cup soy, 3 tablespoons wheat germ, 1 cup whole - wheat, and the rest unbleached white)
Bring water to boil. Add oats. Turn off heat, and allow to cool.
Dissolve yeast in lukewarm water.
Add sugar, salt, and oil to oatmeal mixture. Add dissolved yeast. Mix in flours. Knead lightly, and let rise.
Pound down and let rise again. Shape into rolls. Dip top lightly into water and then into poppy or sesame seeds. Let rise.
Bake on greased cookie sheet 20 minutes at 375 degrees.
For a variation, cut the dough into large egg-size pieces. Roll as for bread sticks, and tie in a knot. These make a pretty bow-tie roll. May be stored in freezer and warmed before serving.

Golden Salad Days Using Japanese Oranges

NEW YORK - During the culinary-hey-day of France, gourmet Alexandre Dumas raised the salad from a lowly side dish to a celebrated course itself. Dumas' salads were so renowned that guests who could not make it for dinner sent a servent to pick up their portion of salad - a sort of early take-out service.

Today, salads are enjoying a renaissance. One new Parisian restaurant has based its high Michelin rating on a salad composed of foie gras, truffles and string beans - surely the richest and most expensive salad ever invented. American restauranteurs are discovering the profits of offering all the salad you can eat to customers. And housewives, too long stuck in the earthy tomato and lettuce rut, are experimenting with all sorts of saladditives and garnishes.



There's more to a good salad than just greenery. Fresh herbs, minced or crushed garlic, grated cheddar or Parmesan cheese, anchovies and coddled eggs, all add spice to the dish. Supermarket convenience items are a boon to the salad maker, too. For example, to make your salad days truly golden, toss some Canned Japanese Mandarin Oranges into the bowl. The tart tangy flavor of these seedless and rindless little segments makes a wonderful salad ingredient. Traditionally used to dress up fruit salads, their taste magic also works miracles on green leafy dishes.

A dull green salad with vinegar and oil dressing gets a tremendous lift from a combination of Spanish onion rings and Canned Japanese Mandarin Oranges. Another standby - cole slaw - takes on a new culinary kick with a sprinkling of curry powder and some tangy segments of Mandarin Oranges. To serve attractively, arrange the salad in hollowed lettuce or cabbage leaves.

Fruit salads take on the star attraction of main course luncheon dishes or a light supper entree with a colorful arrangement of the golden fruit, rosy apple slices or thin wedges of melon and a bleu cheese dressing. Toasted almonds, chopped walnuts or salty cashews can also be crumbled on top for extra appeal.

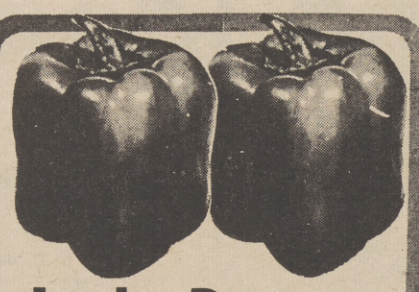
Of all salads, however, perhaps the grandest and the one with room for most improvisation is the Italian idea of the antipasto. Select a large platter and allow fantasy to run wild. Traditionally, fruits, meat, fish, fowl, vegetables, beans and spicy garnishes are all included - which make the salad a left-over delight. Try an antipasto with slices of proscuitto or ham garnished with Japanese Mandarin Oranges, white beans marinated in a vinegar-and-oil dressing, beets sliced match-stick thin, tuna fish garnished with tangy capers and drizzled with dressing, and sweet onion rings.

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Jumbo Peppers

Giant, brawny, crunchy-fresh beauties . . . from the Tamura ranch in Lodi. Beautifully formed and ideal for stuffing.

EXCLUSIVE AT RALEY'S

29c lb.



Coit Melons

Famous Coits from Mendota . . . all sweet, ripe, plump melons. Picked at their peak for your eating pleasure!

EXCLUSIVE AT RALEY'S

4 FOR $1



TODAY'S PICKING!

Ranch Corn

Fresh ranch corn, picked at 6 a.m. Weds. thru Sat. on sale by noon! Mature ears, heavy with perky rows of milky sweet kernels. Rushed from the famous Braga ranch for this special sale at Raley's!

B-B-Q STYLE **10c ea.**



Seedl. Grapes

Thompson Seedless beauties. Giant clusters of sugar-sweet fruit . . . all bursting with juicy goodness. Bag a bunch!

39c lb.

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- San Juan and Sunset
- 10385 Folsom Blvd.
- Madison and Manzanita
- Madison and Hazel
- Placerville
- Lake Tahoe
- Roseville
- El Dorado Hills

ACORN SQUASH	Plump, mild, tender, with a marvelous flavor.	23c lb
CASABAS	Sweet and juicy, sun-drenched and juice-heavy	59c ea
CRENSHAWS	Plump and juicy with a mild distinctive flavor	59c ea
HONEYDEWS	Hefty, ripe and ready for good eating. Vine-ripened	59c ea
PERSIAN	Firm and heavy with rich orange flesh. Vine-ripened	69c ea

JUICY PLUMS

Plump, juicy and tender, at their flavor peak. Ripe and ready to eat

29c lb







ICE CREAM
KNUDSEN PARTY TIME ½ Gal.
79c

COCA COLA
Eight big 16 oz. bottles.
8 FOR 89c

LIQUID DETERG.
Palmolive for dishwashers. 22 oz.
39c

LEMON-ADE
Bonnie Hubbard. Reg. or Pink. 6 oz. Can
10c

MJB COFFEE
All Grinds. Big 3 lb. Can
2.49

BBQ Briquets
Kingsford Brand. Hot burning. 10 lb. Bag
89c

LIQUID BLEACH
Saniclor Big gallon size
45c

ORANGE JUICE
Treesweet brand. 6 oz. can.
27c

POTATO CHIPS
Laura Scudder. Twin Pak. 10 oz. Size.
59c

OPEN LABOR DAY, MON., SEPT. 3, 10AM–7PM

(Deli and poultry dept's open)

NO FRESH MEAT ON SALE MON.—SEPT. 3RD

Log Cabin Syrup	24-oz.	76c	Hot Dog Sauce Gebhardt	10-oz.	25c
Snack Crackers Nabisco, Reg. Pkg.	12-oz.	49c	Toilet Bowl Cleaner Lysol	16-oz.	45c
Bird Seed Milford (Wild)	5-lb.	59c	Wild Rice M-J-B White & Wild, Brown & Wild	6-oz.	73c
Taster's Choice Freeze Dried	8-oz.	1.99	Tea Bags M-J-B	48 Bags	55c
Imit. Margarine Saffola	16-oz.	59c	Pizza Mix Appian Way	12½-oz.	39c
Tomato Juice Libby's	46-oz. Can	41c	Ammonia Parsons, Sudsy and Clear	28-oz.	27c
Prime Choice Sauce	5-oz.	39c	Fabric Finish Magic, Extra Crisp	20-oz.	69c
Kotex Reg. or Super	24's	89c	Nestea Iced, with Sugar and Lemon	12-oz.	59c
Jergens Soap	Bath Size	12c	Bisquick Baking Mix	40-oz.	63c
Dog Food Recipe, Mixing Chunks	14½-oz.	3 FOR $1	Margarine Chiffon	Two 8-oz.	49c
Napkins Zee Luau	60 Ct.	2 FOR 25c	French Dressing Trader Vic's	12-oz.	59c
Bran Cereal Post	16-oz. Pkg.	48c	Alpen Cereal	12-oz.	53c
Apple Sauce Bonnie Hubbard	303	5 FOR $1	Baggies Sandwich	80 Ct.	29c
Cottage Cheese Knudsen	Pint	53c	Ranch Style Beans	300 Can	5 FOR $1
Yogurt Knudsen	½ Pint	29c	Apricots Bonnie Hubbard	303 Can	3 FOR $1
			Ice Cream Knudsen	½ Gal	79c



VIP GIN OR VODKA

80 Proof Fifth Your Choice

2.99

VIP Bourbon	80°	5th	3.59
VIP Bourbon	86°	5th	3.79
VIP Blend Whiskey,	80°	5th	3.39
VIP Scotch Whiskey,	80°	5th	3.99
Canadian Province Whisky,	80°	5th	3.99
Evening Mist Whiskey, Light,	80°	5th	3.69
Trade Winds Rum	80°	5th	3.79
Pol Cordon Brandy	80°	5th	3.99
Wolfschmidt Vodka	80°	5th	3.99
Mr. Boston Gin	80°	5th	3.89
Bourbon Deluxe	80°	5th	3.99
Jim Beam Bourbon,	86°	5th	5.39
Sunnybrook Blend Whiskey,	80°	5th	4.19
Clan MacGregor Whiskey	80°	5th	4.99
Windsor Canadian Whiskey,	80°	5th	4.69
Mr. Boston Light Whiskey,	80°	5th	4.99
Bacardi Rum	80°	5th	4.99
Guild Brandy	80°	5th	4.79
Matues Rose Wine		5th	3.19
Mistala Rose Wine		5th	2.89
Steinbrau Beer	12-oz. Can	Six-Pak	89c



FRYER BREASTS Fresh King Cornish (with ribs attached) ..... lb. **1.09**

FRYER WINGS Fresh King Cornish. Juicy and Meaty ..... lb. **49c**

BACKS/NECKS Fresh King Cornish. Big Husky Parts ..... lb. **29c**

FRANKS Ball Park. Hygrade. All Meat. 16-oz. ..... ea. **1.36**

SALADS Knudsens, Potato and Macaroni. 16-oz. Cup ..ea. **43c**

PUDDINGS Knudsens, Rice, Choc., Tapioca. 16-oz. Cup ea. **43c**

FRANKS Made-Rite Skinless. 12-oz. Pkg. . ea. **98c**

FRYER PARTS

RALEY'S FRESH KING CORNISH DRUMSTICKS, OR WHOLE LEGS

Fresh King Cornish, California Grown Birds, All Big, Meaty, and Tender. Hand Cut.

89c lb

Oscar Mayer Labor Day Sale

New England	8 oz.	1.09	Thick Bologna All meat	12 oz.	99c
All Meat Weiners	lb.	1.25	Olive Loaf	8 oz.	84c
Little Weiners	5½ oz.	74c	Old-Fash. Loaf	8 oz.	88c
Little Smokies	5 oz.	75c	Picnic Loaf	8 oz.	98c
Smokie Links	12 oz.	1.19	**Liver Cheese Loaf,**	8 oz.	**89c**
Braunschweiger Sliced	8 oz.	86c	Cotto Salami	8 oz.	91c
Braunschweiger	8 oz. tube	75c	Pickle/Pimiento	8 oz.	81c
Braunschweiger	1 lb. tube	1.52	Salami for Beer	8 oz.	1.00
Sand. Spread	8 oz. tube	69c	Lunch Loaf	8 oz.	95c
Ham Salad Spread	6 oz. tube	68c	Chopped Ham	8 oz.	99c
Bologna All meat	8 oz.	69c	Head Cheese	8 oz.	76c
Bologna All meat	12 oz.	99c	Variety Pak Sq.	12 oz.	1.19
Variety Pak Rd.	12 oz.	1.19			
Cooked Ham	6 oz.	1.49			
Ham Steaks	lb.	2.95			
Canadian Bacon	6 oz.	1.38			
Ham Slices	8 oz.	1.75			
Bacon	8 oz.	89c			
Bacon	lb.	1.62			
Thick Bacon	lb.	1.62			
Thick Bacon	2 lb.	3.15			
Ham/Cheese Lf.	8 oz.	1.04			
Canned Ham	3 lb.	7.39			

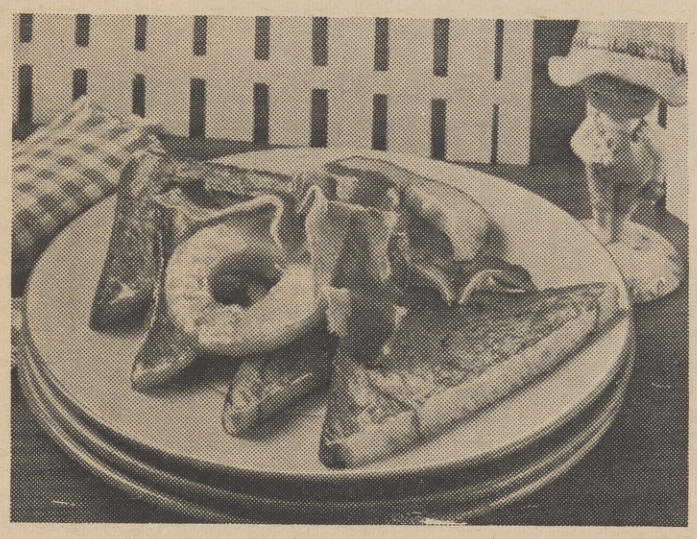
Frozen Food Sale

APPLE PIE



Sara Lee Brand. Big 33-oz. Pie **99c**

Libbyland Dinners Bonnie Hubbard	Pkg.	69c
Non-Dairy Creamer	16-oz.	23c
Orange Juice Treesweet	6-oz.	27c
Onion Rings Ore-Ida	7-oz.	39c
French Fries Ore-Ida	16-oz.	33c
Cool Whip Birds Eye	9-oz.	59c
Vegetables Birds Eye International	10-oz.	49c
Awake Drink Birds Eye	9-oz.	35c



Super Hearty French Toast

Delicious, hearty breakfasts have no effect on the weather, but they certainly can and do brighten spirits - from the little folks right on up to Dad. Apple-Bacon French Toast delights Mother too, because it's an easy-do, calling for a package of frozen cinnamon swirl French toast that needs only heating through in the toaster or oven. Serve it with juicy apple rings sauted in butter and brown sugar and then top it off with crisp bacon strips. What a delicious and hearty breakfast or brunch dish this is!

APPLE BACON FRENCH TOAST

2 tablespoons butter or margarine
2 apples, pared, cored and sliced in rings
2 tablespoons firmly packed brown sugar
1 10-oz. pkg. frozen cinnamon swirl French toast
6 bacon slices, cooked and drained

Melt butter in large skillet. Add apple rings and saute 3 minutes; turn. Sprinkle brown sugar over apple rings. Continue cooking over low heat until sugar is melted and apples are tender.

Meanwhile, prepare cinnamon swirl French toast in toaster or oven according to package directions. Allow 2 slices per serving and top with apple rings. Spoon butter-sugar mixture over apples and criss-cross 2 bacon slices on top.

AVOIDING MEAT SHRINKAGE

Avoiding Meat Shrinkage. You lose two ways when a roast, steak or chops shrink as they cook. (1) Your food dollars shrink at the same rate. (2) Juices and flavor dry out as the meat dries out.

One way to avoid the problem is to cook meat at a very low temperature for a very long time. This is not always practical. You can't sear the outside.

You may not have the necessary hours. Even if you do, your good red meat comes out looking gray and unappetizing.

A better way is Kitchen Bouquet. Simply brush meat all over with this liquid "magic in a bottle," and broil or roast it as usual. Kitchen Bouquet helps seal in juices . . . holds down shrinkage while it holds in flavor.

Meat browns richer on the outside without drying out inside. And it works just as well at a backyard barbecue as on the kitchen range.

Dark Secret. You can scrape the crisp drippings from the roasting pan . . . use the natural meat juices . . . stir and brown the flour carefully . . . and still get gravy that looks wishy washy.

Gravy is like that. But there is a simple soultion. Just stir in a teaspoon of Kitchen Bouquet. This special blend with delicate herbs and spices darkens the color, deepens the flavor, enrichens even the palest gravy in seconds.

For gravy like mother (or grandmother) used to make, reach for Kitchen Bouquet. They did.

The Many Cuts of Lamb. Tis the season to be merry - with lamb, a particularly good buy right now. As always, rib and loin cuts are the elite of the chop world.

But don't snub shoulder chops. Look for lean ones with small bones, and you can save up to 50 cents a pound on succulent eating.

Whole or half legs of lamb feed many mouths. Try one boned and rolled, and cook it on your rotissierie.

For fewer servings, some meat departments have (or will cut) lamb steaks, which you can broil like beef.

Shoulder is one of the less expensive cuts, but add a savory stuffing and it becomes a festive dish.

Least-per-pound of all are lamb patties, which many butchers make up as a standard item. Wrapped in bacon and broiled, they're lamburgers delux.

Gourmet curries and stews can also be made from low-cost cuts.

And left-overs seldom go to waste . . . they make such good meat pies topped with crust, dumplings, or mashed potato. Lamb, thy name is versatility!

RDA-'Recommended Dietary Allowances', It Has A Very Special Meaning!

The idea of eating for good nutrition is capturing the interest of consumers as in no other time in history. People of all ages are eager to learn what they should eat to stay in good health.

No longer satisfied with being told to eat foods from various categories, they want to know exactly what nutrients food offer and how much of each nutrient their bodies need.

With the advent of the Food And Drug Administration's voluntary nutritional labeling regulations, standardized nutrition information will appear on many packaged food products. By January 1974, most concerned consumers will at least have seen the abbreviation "US RDA" on the new labels. This is a new term with a special meaning.

"RDA" by itself stands for Recommended Dietary Allowances, an assessment (by the Food and Nutrition Board of the National Academy of Sciences) of the amounts of essential nutrients required for the maintenance of good nutrition by healthy people in the United States. There is a specific RDA for each age group and sex.

"U.S., RDA" the basis of nutrition labeling, is a set of single values - only one for each nutrient. That one figure is usually the maximum RDA among all age groups and sexes.

For example, the U.S. RDA for iron is the RDA for a young woman which is almost twice the RDA for an adult man.

So when foods eaten in a day add up to 100% U.S. RDA, this is adequate for all Americans and, in fact, may be more than adequate for some people.

The figure for protein is another example. The U.S. RDA of 65 grams is the amount of protein that a 28-year-old man should eat daily according to the RDA. This is considerably more than the RDA of 40 grams of protein for an 8 to 10-year-old.

This means that the new nutrition information labels will correctly reflect the value of a food as a protein source for a man, but will not give due credit to its value for a child.

This is illustrated by the figures below for two tablespoons of Skippy peanut butter, the amount used to make a peanut butter sandwich. This amount supplies 15% of the U.S. RDA for protein and 25% of the U.S. RDA for niacin. However, this is almost 25% of the RDA for protein and over 30% of the RDA for niacin for a child 8 to 10.

These figures confirm what nutritionists have been saying all along - peanut butter is a good source of essential nutrients and, for a child, it is a better source than the % U.S. RDA suggests.

ORANGE NUT BREAD

2-1/4 cups flour
2-1/4 teaspoons baking powder
3/4 teaspoon salt
1/4 teaspoon soda
3/4 cup sugar
3/4 cup chopped walnuts
2 tablespoons oil
1 beaten egg
3/4 cup orange juice

Sift first five ingredients together. Add walnuts. Add oil, egg, orange juice. Mix slightly. Pour into greased 5x9-inch pan. Bake at 350 degrees about 1 hour. Cover for first 20 minutes to prevent cracking. Cool on rack. May be frozen.

PENNY ROLLS

1 pkg. dry yeast
1/2 cup honey or sugar
1/2 cup warm water
1 tablespoon salad oil
1 teaspoon salt
1/2 cup hot water
3 to 3-1/4 cups sifted flour (whole wheat, or halk whole-wheat and halk white)

Dissolve yeast in warm water. In large mixing bowl, combine sugar, oil, salt, and hot water. Stir to dissolve sugar or honey. Add yeast. Stir in flour and beat well until all flour is used. (The softer the dough, the lighter the rolls). Mix well until dough is smooth, scraping down sides of bowl.

Cover and let rise in warm place till double (1 to 1-1/4 hours).

Knead lightly. Cover tightly and refrigerate overnight. Turn out on floured surface; use sharp knife to cut in half. Keep one half cold in refrigerator until first half is used.

DELICIOUS 'ANYTIME' DESSERT



Easter baskets, May baskets, picnic baskets and now Chocolate Basket Sundaes, a deliciously fun anytime dessert. The miniature baskets are shaped from a rich chocolatey mixture of golden crunchy corn flakes and chewy coconut. When it's time to spoon in the ice cream and drizzle on the topping, choose family favorites or just let your imagination be your guide. Kay Kellogg suggests these filling for Chocolate Basket Sundaes . . . vanilla ice cream with fresh fruit sauce . . . chocolate chip ice cream with chocolate sauce and marshmallow topping . . . butter pecan ice cream with caramel sauce.

CHOCOLATE BASKET SUNDAES

1-1/2 cups corn flakes
1 tablespoon regular margarine or butter
2 tablespoons corn syrup
1/2 cup semi-sweet chocolate morsels
1/4 cup flaked coconut
Ice cream
Ice cream topping

Measure corn flakes; crush to 3/4 cup. Set aside.

Place margarine, corn syrup and chocolate morsels in medium - size saucepan. Cook over very low heat, stirring constantly, until morsels are melted and mixture is smooth. Remove from heat. Add crushed cereal and coconut; mix until well-coated.

With back of spoon, press cereal mixture evenly and firmly in bottom and around sides of 6 well-buttered 2-1/2-inch muffin pan cups. Refrigerate at least 30 minutes.

To remove baskets easily, place hot moist towel under bottom and around sides of muffin pan cups; allow to stand a few minutes - then with small spatula, carefully loosen baskets. Let stand at room temperature about 30 minutes. Place each chocolate basket in dessert dish; fill with ice cream. Serve ice cream topping as accompaniment. Yield: 6 Chocolate Basket

END-OF-SUMMER VALUES FOR YOUR LABOR★DAY BARBECUE

THANK YOU FOR SHOPPING AT YOUR INDEPENDENT GROCERY STORE

ALL at Jumbo's "ORIGINAL" DISCOUNT PLUS!

Where Shopping Is A Pleasure

JUMBO DISCOUNT SUPER MARKETS

• 24th STREET and FLORIN ROAD • POWER INN and FLORIN ROADS
• 2711 EL CAMINO near FULTON • 35th AVE. and SOUTH LAND PARK DRIVE
• 1055 NORTH FIRST STREET, Dixon

PRICES ALSO EFFECTIVE at JUMBO in DIXON

FRESH HEN TURKEYS



ARMOUR

Finest Young Broadbreasted USDA Grade A

84¢ lb.

CANNED HAM



Wilson Finest Mild Cured Certified Brand

5 LB. CAN **$6.98** EACH

Small Size "Under 3 Lbs." SPARE RIBS



FRESH Lean

$1.19 lb.

All Jumbo Spare Ribs are "UNDER 3 LBS." Small, meaty ribs from tender, succulent porkers.



Kraft Famous Cheese Spread
VELVEETA 2 LB. BOX **$1.29** EACH



SLICED BACON Jumbo's Own Finest Mild Cured 1st Grade **$1.39 lb.**



Great Northern Center Slices
HALIBUT STEAK **$1.29 lb.**

ARMOUR. ★ FINEST JUMBO VALUES!



All Meat **WIENERS** 12 OZ. PKG. ..... **89¢ ea.**
Regular, Garlic or Thick **SLICED BOLOGNA** 12 OZ. PKG. .. **98¢ ea.**

Armour Star Finest Mild Cured **1877 HAM** ALL MEAT ..... **$1.89 lb.**



FUNNY FACE DRINK MIX	Pre-Sweetened.	13 oz.	39¢
SPAGHETTI SAUCE MIX	Schilling's ...	1½ oz.	19¢
VINEGAR	Italian Kitchen	12 oz.	29¢
CANNED MILK	Pet	15 oz.	22¢
SYRUP	Log Cabin	36 oz.	99¢
HI HO CRACKERS	Sunshine	16 oz.	39¢



PORK N BEANS	Van Camp's	2½	30¢
BAR B QUE SAUCE	Open Pit	18 oz.	39¢
A-1 SAUCE	.....	10 oz.	69¢
LIGHTER FLUID	Gulf	32 oz.	39¢
DOG FOOD	Gravy Train	5 lb. bag	95¢



SW SLICED PINEAPPLE	.....	1¼	4 FOR $1
SW CREAMED CORN	.....	303	4 FOR $1
SW WHOLE KERNEL CORN	....	303	4 FOR $1
SW PEAS	3 sieve	303	4 FOR $1
SW STEWED TOMATOES	.....	303	4 FOR $1
SW KIDNEY BEANS	.....	300	5 FOR $1
SW GARBANZO BEANS	.....	300	5 FOR $1
SW OVEN BAKED BEANS	...	28 oz.	39¢
SW MIXED BEAN SALAD	.....	17½	45¢

Pre-Cooked **FISH STICKS**	69¢ lb
Delicious **MAHI MAHI STEAK**	98¢ lb
Ocean Fresh **FILLET OF SOLE**	$1.09 lb
Ocean Fresh **FILLET OF RED SNAPPER**	89¢ lb
Ocean Fresh **FILLET OF BUTTERFISH**	69¢ lb

JUMBO MARKETS DO HAVE BEEF! However, because of the unstable meat situation, it is impossible to get guarantees from suppliers that will provide all cuts in unlimited quantities. We will continue to do our best in providing the quality of Beef our customers want and the quantity to fill your needs at the lowest possible prices. We want to thank you for your patience.
FRESH MEAT WILL BE SOLD ONLY BETWEEN HOURS OF 9 A.M. and 7 P.M. MONDAY THROUGH SATURDAY. MEAT DEPARTMENT OPEN SUNDAY FOR ALL OTHER AVAILABLE PRODUCTS THAN FRESH MEAT.

More "JUMBO EXTRA VALUES"



Laura Scudder's **TWIN PACK CHIPS** 10 oz. **57¢**



Heinz **KETCHUP** 14 oz. **29¢**



Reynold's **ALUMINUM FOIL** 12"x25' **25¢**



Welch's **FRUIT DRINKS** All Varieties 46 oz. **33¢**



Schilling's **BLACK PEPPER** 4 oz. **39¢**



Nabisco **SNACK CRACKERS** All Varieties PKG. **47¢**

Nestle's **QUIK** 32 oz. **69¢**



Nestle's **MINIATURE CANDY BARS** PKG. **49¢**



Nestea **INSTANT TEA** 3 oz. **$1.09**

Nulaid Grade AA **LARGE EGGS** doz. **79¢**

JUMBO MARKETS ALL WILL BE CLOSED LABOR ☆ DAY ☆
So that our employees can spend the holiday with their families in the true spirit of the day.
SHOP EARLY FOR ALL YOUR NEEDS!

FROZEN FOODS



ORANGE JUICE Minute Maid 6 oz. **4 FOR $1**

another **BONUS** from your INDEPENDENT GROCERY STORES

COMPLIMENTARY CHILDREN'S Tickets to **STATE FAIR '73**
Aug. 24-Sept. 9 — Cal Expo, Sacramento.
Ask for tickets at all JUMBO MARKETS

ORANGE JUICE	Minute Maid	12 oz.	49¢
ORANGE JUICE	Minute Maid	16 oz.	69¢
LEMONADE	Minute Maid	6 oz.	8 FOR $1
CREAM PIES	Johnston's All Varieties	28 oz.	79¢
LAYER CAKES	Pepperidge Farms All Varieties	16 oz.	79¢

"JUMBO EXTRA VALUE" Prices Effective thru Sept. 4th.
STOREWIDE DISCOUNT SHELF PRICES EFFECTIVE EVERY DAY!

FRESH PRODUCE



U.S. No. 1 Russet All Purpose **POTATOES** 10 LB. BAG **69¢**



Extra Large Sugar Sweet **HONEY DEW MELONS** EA. **49¢**



Large Solid Red Ripe **TOMATOES** LB. **23¢**



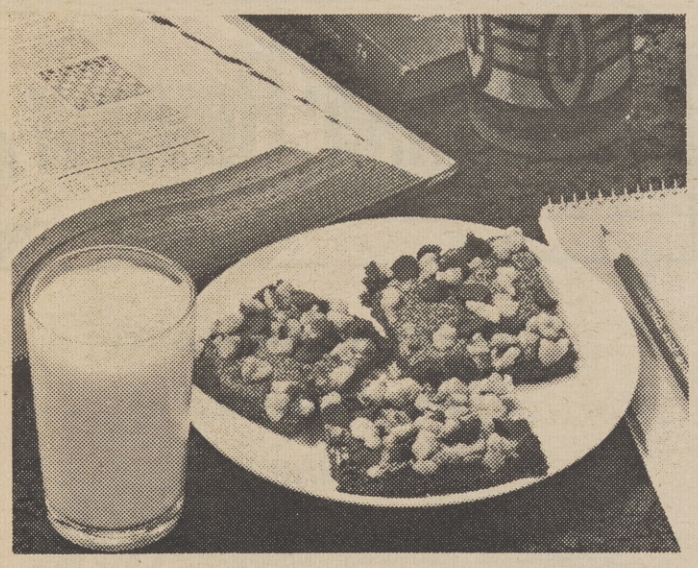
Young Tender Sweet **CORN** 9 FOR **99¢**



Sweet Ripe Flame Tokay **GRAPES** 3 LBS. **99¢**



California New Crop Golden Delicious **APPLES** 5 LBS. **99¢**



Quick 'N' Easy Chocolate Bars

Make study breaks more enjoyable. Serve Double Chocolate Bars to your hungry scholars. They'll love the rich, moist bars kept that way with velvetized evaporated milk. Chocolate pieces and nuts make a baked-on topping that's great.

DOUBLE

CHOCOLATE

BARS

1 cup sugar
1/4 cup softened butter
1 egg
1 teaspoon vanilla
2 squares melted unsweetened chocolate
1 cup sifted flour
1 teaspoon baking powder
1/2 cup undiluted Carnation Evaporated Milk
1 cup (6-oz. pkg.) semi-sweet chocolate pieces
1 cup chopped walnuts

Beat sugar, butter, egg and vanilla together until light and fluffy. Add melted chocolate. Mix well, sift flour and baking powder together. Alternately, add dry ingredients and evaporated milk to sugar mixture. Mix until blended. Spread batter into buttered 15-1/2x10-1/2x1-inch jelly roll pan. Sprinkle chocolate pieces and nuts evenly over top. Bake in moderate oven 350 degrees, 20-25 minutes. Cool 15 minutes. Cut into 48 bars.



Labor Day Picnic Treat

Every picnic should have its peak moment, and Banana Picnic Cake assures it. Homemade and luscious, this cake is moist yet firm or easy toting and eating at the picnic site. The Banana Bunch reminds us that this mellow fruit has a well-rounded supply of vitamins and minerals besides its unique flavor.

BANANA PICNIC CAKE

1/2 cup butter or margarine
3/4 cup packed brown sugar
3/4 cup granulated sugar
2 eggs
1-1/2 cups mashed ripe bananas
1 teaspoon vanilla
1-1/2 cups sifted flour
2-1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon cinnamon
1 cup uncooked quick oats
1/2 cup chopped walnuts

Cream butter and sugars. Beat in eggs, bananas and vanilla. Sift together flour, baking powder, soda, salt and cinnamon. Blend into creamed mixture with oats. Stir in nuts. Turn into a greased and floured 13x9x2-inch baking pan. Bake in 350 degree oven 30 to 35 minutes. Cool. Top with Broiled Coconut Topping* YIELD: 12 servings.

*BROILED

COCONUT

TOPPING

Melt 1/4 cup butter or margarine in saucepan. Add 1/3 cup packed brown sugar, 1 teaspoon vanilla and 1 tablespoon water. Bring to a boil and cook 1 minute stirring constantly. Spread on cooled cake and sprinkle with 1-3/4 cups flaked coconut and 1/2 cup chopped walnuts. Place under broiler for 3 minutes or until lightly browned.

Organic Cooking, Color It Healthy, Full Of Soul!

Food is a necessity for through its consumption, the body receives valuable nutrients to keep it properly functioning.

Different foods contain different wholesome organic substances beneficial to the body; but generally, organic foods are considered those grown without benefit of any chemical fertilizers, pesticides, weed killers, or in the case of animals, hormones. Foods that are prepared without synthetic additives or perservatives, artificial sweeteners, flavoring or dyes are also considered organic.

And "refining" of flour, sugar, oil and salt is avoided because it removes vitamins, minerals, proteins and enzymes.

Many think organic foods too bland, but in the September issue of Essence Magazine, Mary Hassage insists that organic foods can have "soul" and gives a suggested listing of natural foods with which you can prepare soulful meals for your family. For example: wheat germ, stone-ground wheat flour and cornmeal, are excellent for home baked breads; brown rice which contains more proteins and vitamins than white rice; and, organic meats (organic cooking stresses the use of organs and less expensive parts of meats i.e., wings, necks, giblets, liver, etc. Fish is another food source high in minerals, vitamins and proteins; Also fertile eggs, for not only are they high in organic protein, but serve as an excellent meat substitute. Organic cooking also favors the use of both unsulfured molasses and raw honey for sweetning recipes for main dishes or desserts.

A majority of these natural food stuffs can be found in your neighborhood supermarket, or check a health food store for more exotic offerings.

For a reprint of Essence's soulful organic recipies, write Essence Magazine, Public Relations Dept. OC3, 300 East 42 street, New York, N.Y. 10017.

SALAD TREATS

A crunchy treat for any salad. Toss Post Grape-Nuts Cereal with any fruit, vegetable, or meat salads - the Grape-Nuts adds crunchy texture and conversational interest! Allow about 2 tablespoons per serving.

FRESH FRUIT SALAD DRESSING

Combine 1/2 cup mayonnaise and 1/2 cup cream, whipped. Fold in 1/4 cup Post Grape-Nuts Cereal. Spoon over fruit salads.

HEALTH-WISE



THE SEVENTH-DAY ADVENTIST CHURCH

WHAT IS A BALANCED DIET?

by MARY M. DAVIS

Everybody is talking about diet and nutrition these days. Balance your diet . . . Eat right to keep fit . . . Watch out for cholesterol . . . Beware of vitamin deficiencies . . . Eat good food for growth and protection against disease . . . Include the minimum daily requirements.

And the list of advice continues. From newspapers and magazines, radio and television, even from the cereal boxes on our breakfast tables, we are bombarded with nutrition information.

It is no wonder the confused housewife throws up her hands in helpless bewilderment. Who has time to care for a family and home, participate in community activities, and still read and apply all the nutritional knowledge available today? Even the specialists have a hard time keeping up with all the new data.

But there is a simple way to bring order out of the confusion. Nutritionists, recognizing the problem an average person faces in trying to sort out all this information, have organized all essential foods into the Four Basic Food Groups. Today almost all instruction about balancing the diet is based on these four groups: milk, meat, fruits and vegetables, and bread and cereal. The following number of servings from each category will furnish all or a major share of the protein, vitamins, and minerals required for good health.

MILK GROUP - At least two two servings daily. May include cheese, yogurt, ice cream, soy milk, etc.

MEAT GROUP - Two or more servings daily. May include eggs, nuts, dry beans, and other legumes.

VEGETABLE/FRUIT GROUP - Four or more servings daily. Should include citrus fruit or other source of vitamin C, and a dark green or deep yellow vegetable for vitamin A.

BREAD/CEREAL GROUP - Four or more servings daily. Whole-grain cereals are preferable because they supply all the vitamins and minerals in the original grain.

You will notice there is almost no mention of desserts, and for a good reason. Refined sugar, rather than contributing to the body's nutritional needs, burns up vitamin B, actually creating a deficiency. It also contributes to a long list of ills such as tooth decay, indigestion, constipation, and susceptibility to infection.

The wise mother will serve her family simple desserts of fresh or dried fruits, and eliminate between-meal snacks, which are often sweets.

Readers who would like to have an attractive illustrated display of the four food groups for kitchen bulletin board or wall, may obtain it by sending 25 cents and a self-addressed, stamped envelope to Department of Health, 6840 Eastern Avenue, N.W., Washington, D. C. 20012.



CHICKEN KING
Family size
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3449 RIO LINDA BLVD
AT NOGALES IN DEL PASO HEIGHTS
PROBABLY THE BEST FOOD AROUND
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HAM & EGGS 85c
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WHEN YOU ADOPT A CHILD

Should He Know He Is Adopted?

SO NOW YOU ARE EACH OTHER'S

If you adopted your child when he was a baby, yes, by all means, for someday, somehow, he will learn. So you be the one to tell him first because he loves and trusts you. If he first learns from an outsider, it may seriously affect his feeling toward you. Let him know from the beginning even though he may not get its full meaning. Talk about it from time to time as a matter of course. He will soon catch on. Always be frank, pleasant, and casual about his having been adopted. Do not play it up. It is unwise to remind him too often that he is adopted. Do not play it down either. If for any reason you ever say or let him think that you wished you had not adopted him, or threaten to get rid of him, you will do a great wrong to him. If you adopted an older child, often he may need help and assurance as to why his biological parents were unable to raise him.

As he grows up, he may want or need to know some of his natural family history. Agencies will help with this. Also, he may ask more questions. Never let him get the idea that his parents did not want him. Explain to him that they were unable to take care of him. Tell him that you want him very much and always will.

When the adoption is final, the agency steps out of the picture. However, the worker will come to your aid anytime, if you ask her. At times, problems may arise that can cause you difficulty. But, that happens with your own children, too.

You may be hurt if you find out that, after all you have done for him, everything you plan to do, your child accepts it all as his due. Do not expect gratitude from the child. You would not get it from a child born to you. Maybe later it will come - when he is able to weight values.

Go slowly as you guide him. Give him time to feel that he is really in his niche, a for-all-time part of your life. The older or handicapped child will expecially need understanding, patience, and tolerance.

The chances are that your adopted child will bring a new richness to your life. You will receive love and satisfaction. But even more satisfying will be the fact that you will have had a great part in the well-being of a child who might have been denied that. You will give him security. You will give him courage. You will give him happiness. Make that your aim.

Consumer Guide

This handy guide provides solutions to common everyday cleaning problems we all run into from time-to-time.

You can remove some rust spots with a typewriter eraser . . . Before starting a dirty job in the house, wrap a sheet of paper toweling around the



telephone receiver and secure it with a rubber band. That way, if the phone rings while you are working, you can answer it with dirty hands and keep the receiver clean, too.

During the summer months, keep clear plastic wrap over hot air registers. This keeps dirt off ducts and filters . . . When painting, cover door knobs with plastic wrap. It will save cleaning spatters later.

To clean window and other screens, go over them with a wire brush in all directions and on both sides. Then go over them again with a vacuum cleaner attachment to pick up loose bits of dirt.

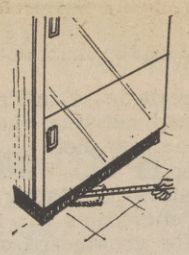
For bathroom cleaning jobs, never use steel wool scouring pads or abrasive powder cleaners, as they dull and mar finishes. A non-abrasive foam cleaner works best and can be used on fiber glass, porcelain, chrome and other fixtures. The chemical action of the foam lifts soil and soap scum easily without surface damage. Auto polish may be used to remove scratches on plastic surfaces.

A newly formulated lemon-scented cleaner, which disinfects as it cleans, was developed by Dow Chemical research. It prevents the growth of staph, strep, mold and mildew.

When using oil paint, soak a new paint brush in linseed oil before using. It will be easier to clean after painting . . . Empty tennis ball cans are excellent for cleaning paint rollers. They're just the right size.

Pick up lint and thread from rugs by brushing with an old toothbrush. Use lemon-scented aerosol spray oven cleaner to clean outdoor barbeque grills quickly and easily . . . Soap pads last longer if they are used dry.

Tack or staple a small sponge to a yardstick. It can be used for cleaning under and behind



large appliances and furniture without moving the object . . . Wax a dustpan and dirt will slide off much easier.

Coffee spills usually clean up nicely if you blot up the excess liquid and rub the spot with a solution of detergent, vinegar and water . . .

To clean chewing gum from fabrics, first harden the gum with an ice cube. Then scrape it off with blunt knife.

Brandy Sets All-Time Record

Brandy sales in the United States reached an all-time high in 1972 and California brandy continued to set the pace, according to James R. McManus, president of the California Brandy Advisory Board.

Nearly 5.6 million cases were sold last year, an increase of about nine per cent over 1971. California brandy, which now represents more than 75 per cent of the brandy consumed in this country, accounted for some 4.4 million cases. Remaining sales were foreign brandies.

"Brandy still has a relatively small share of the distilled spirits market in this country," McManus says, "but its use is increasing at a rate proportionately greater than almost all other spirits."

He attributes the growing interest in brandy to the fact that it's the only spirit distilled from wine, plus it is now used widely as a mixed drink ingredient.

Traditionally, brandy has been thought of as an after-dinner or special occasion spirit.

"This is no longer the case with many people today," McManus says. "The great popularity of wine today is prompting a preference for brandy as a pre-dinner cocktail, since it also derives from the grape.

There is a consistency factor that seems to be gaining appeal."

McManus reports that California leads the nation in volume brandy consumption, but Wisconsin continues to lead in per capital consumption, as it has for many years. In Wisconsin, more brandy is consumed than any other distilled spirit.

Consumer Review $

by CLOVES CAMPBELL

SICK HEALTH INSURANCE ADVERTISEMENTS (PartII)

The Florida insurance department has published a pamphlet on mail-order policies. For a free copy, write: "The Great Hospital Insurance Puzzle," Insurance Commissioner, State Capitol Building, Tallahassee, Florida 32304.

The National Association of Insurance Commissioners, an advisory body, is also investigating mail-order insurance. It is updating its rules on advertising, researching the firms involved and helping educate buyers as to what kind of coverage they're getting from mail-order policies.



The Federal Trade Commission says it's looking into mail-order insurance too, but so far hasn't announced any corrective action.

Numerous gimmicks and come-ons are used by companies to sell their policies. Most of them emphasize the rising cost of health care and the inadequacy of Medicare. Mail - order policies are usually advertised as supplements to other insurance policies.

A loophole common to most mail-order policies is "the pre-existent condition." Under this clause, insurance investigators check your medical record for certain number of years prior to your application to see what kind of illness you've had. If the clause is two years, for example, you can't collect until two years after the policy goes into effect. Some companies have gone back as far as 12 years to disqualify policyholders for benefits.

Often the present illness is completely unrelated to the previous one. The pre-existent condition clause is so broad, that an applicant could be refused benefits for heart trouble because of a broken leg 1-1/2 years earlier. During a recent hearing from the New Jersey insurance department, for example, an old man testified he had been refused benefits for an intestinal infection because years ago, he had varicose veins. In another case, a Pennsylvania woman couldn't collect payments for a glaucoma operation because of a pre-existent heart condition. Most policies sold by mail don't require a medical examination. You must, however, fill out an application form stating medical treatment and problems you have had. If you leave out any entries, the company may refuse to pay you because of a pre-existing condition you didn't mention.

Due to much controversy over this practice, at least one company, National Home, has changed its pre-existing condition. Now company investigators will backtrack for one year, instead of two.

Waiting periods before payments begin, are also common with these policies. Studies by Denenberg show that the odds on staying hospitalized long enough to collect promised sums of $600 to $1,200, for example, are 1 in 230. Claims are more likely to be denied, he says.

Ordinarily policies will pay the first day if you have an accident, but if you have an illness, policies usually don't pay benefits until after three to eight days. A few policies require a 30-day waiting period. Since the average hospital stay is eight days, with many policies, you won't collect anything during your hospitalization.

THE SHEET STORY

Provocative and appealing bed sheet styling has made for attractive and economic bedroom decoration.

Today, most sheets are blends of polyester and cotton. The most frequent blend is 50% polyester/50% cotton. Sheets of 50/50 Fortrel polyester/cotton in either muslin or percale have a long wear-life.

Shrinkage is low; abrasion resistance is high. They resist wrinkles in washing as well as in use.

The addition of a chemical treatment to the cotton component of the fabric, which is then heat set and made an integral component of the sheet results in improved wrinkle resistance.

Depending on the manufacturer, they are termed "permanent press" or "durable press," meaning that after washing and drying as recommended on the care lable, they will need no ironing.

WASHING INSTRUCTIONS

1. Always remember to check the particular instructions on each package and label. The manufacturer is advising you of the best way to care for that product.

2. Two sheets per load is suggested, filling out with additional small items of same color or shade such as towels and pillow cases.

3. Machine wash in warm or hot water on permanent press cycle.

4. Follow the manufacturers' instruction on packages of detergent or bleach.

5. Tumble dry at medium setting, then remove immediately and fold.

The Caribbean- - Problems In Paradise

by MICHAEL Y. CORBETT
Observer Correspondent

When one thinks of the Caribbean, it is not infrequent that a typical paradise is envisoned. A paradise comprised of lush green islands, crystal clear waters, exotic foods and people of every conceivable race and racial admixture.

To some extent this depiction is a valid one, and to be sure, many of the Caribbean Islands are as much a paradise to their citizens as they are to the casual tourist.

But while all might appear to be well on the surface, and most tourists are not in-depth observers, there are a multiplicity of problems affecting a goodly number of the Caribbean Island nations.

Perhaps the most seriousness of these problems, is unemployment and all its resultant repercussions, particularly as the lack of job opportunities relate to migration and illegal entry into other nations.

For just as the masses of Black people left the rural South, in this country, and migrated to the industrialized North, the same phenomenon is taking place throughout the Caribbean.

The similarity does not end with migration either. Rather, there are the additional similarities of race - the Caribbean Islands are overwhelmingly populated by Black people - the legacy of slavery and the trend in urbanization.

The primary difference, however, lies in the fact that most of the larger cities in the Caribbean are not industrial - there are, of course, exceptions - but service oriented. That is to say that they depend largely on tourism and shipping.

Thus, there are, for the most part, few large industries to employ large numbers of people and that is where the transmigration and illegal entry into other nations begins.

It is common practice throughout the Caribbean to travel from island to island seeking work. Most island nations control the immigrant problem to some extent by requiring work permits or written contracts from employers before they will permit aliens to enter.

But this procedure is insufficient to stem the tide of aspirant workers and many individuals simply come ashore during the dark of night.

And this problem is not isolated from the United States; for the proximity of our Gulf Coast states to several Caribbean Islands, is very attractive.

The extent of the illegal entry situation is unknown, but consider the fact that in Dade County Florida, alone, 5,656 illegal aliens were arrested last year - 29% tried entry for a second time.

In fact, that same country has deportation proceedings in progress against 300 Haitians who have arrived within the last few months.

And although the bulk of the migration takes place on a inter-island basis, the U.S. Coast Guard has intensified its coastal surveillance in recent months.

However, increased surveillance throughout the Caribbean is not the answer; for it does not provide the real answer - jobs.

Consider the case of one young Black man, who shall remain nameless, who has several years of experience as a bartender.

Within the last three years, he has worked on the islands of Dominique, Antiqua, Aruba and Guadelopue, and he is presently working on Martinique.

When he first attempted to secure his present job on Martinique, he came on a three-month work permit, and under its conditions, he was obliged to leave at the end of that period, though leaving for a period as short as 24 hours was sufficient.

But, understandably, this young man desired a bit more security than that arrangement afforded.

He subsequently requested that his employer submit to the government, a contract which provided that the bartender was guaranteed employment for one year. Such contracts are added security, as fluctuations in the tourist trade actually exacerbate the unemployment problem.

Thus, in this case, the aspirant worker had things work out well for him, relatively speaking. For though he does have a secure position, he works 12-16 hours per day, six days per week, for $250 a month, plus room and board.

This may not appear to be a bad wage, but the cost of living in Martinique is comparable to, if not higher than, that of the United States.

Yet, the above situation is by no means unique and is actually better than most. For example, at least one Caribbean Island has a minimum wage of one dollar per day!

However, the Caribbean nations are not sitting around waiting for someone else to give them answers. They are actively encouraging foreign firms to locate in their respective nations, as well as seeking to develop and diversify their economics.

Needless to say, with the wage scales being what they are, and the abundance of labor, many U.S. firms, particularly light assembly operations, are taking advantage of such offers.

Certainly such developments will in no way ensure a slackening in inter-island migration, but at least there will be jobs available while many of these nations strive to reach a point of self-sufficiency and dynamic economic growth.

HEW Awarded $5 Million In Grants

The Department of Health, Education, and Welfare has awarded $5 million in grants in Fiscal 1973, to increase the number of minority physicians, dentists and other health professionals, HEW Secretary, Caspar W. Weinberger announced today.

The forty-six Special Health Career Opportunity Grants were awarded to institutions and organizations in twenty - one states and the District of Columbia. Forty awards were continuations, five were new and one was supplemental.

The five new awards went to: Hopi Tribal Council, Oraibi, Arizona, $274,705; Tougaloo College, Tougaloo, Mississippi, $184,343; National Medical Fellowships Inc., New York, New York, $64,825; United Tribes of Western Oklahoma and Kansas, Anadarko, Oklahoma, $7,680; and Medical University of South Carolina, Charleston, South Carolina, $44,493.

Getting Smart



BY WALTER L. SMART
Executive Director
National Federation of Settlements
and Neighborhood Centers

THE DEATH WISH

We are faced with an armed camp in our cities - nothing new. It has become a very old concept. But still there is nothing being done about it. Why does it happen? What causes us to be the targets as well as the purveyors of mass killings?

We must realize that violence does not happen in a vacuum nor does it pop out of the ground without it being fertilized and nurtured.

A study a few years back indicated that crimes of passion account for roughly 60% of homicides, etc., husband vs, wife, neighbor vs. neighbor, relative vs. relative, friend vs. friend, between people who knew each other, casually or intimately.

These crimes of passion are not only the results of the cauldron in which we are placed, but from the repeaters and those detained waiting for trial.

Utter contempt develops for the judicial system when a man is in fact preventively detained for unreasonable months - sometimes years before he is tried. Bail was never meant to be a means to keep a man off the street but merely a bond to make sure he appears for trial.

Blacks are less likely to be counted as victims in a racist society. For years, the police have looked upon the ghetto as an armed camp of savages. They have exercised a complete disregard toward crimes of Blacks against Blacks. These policemen are not any different from the broad base of their support in middle America. They want and do periodic round-ups of the innocent along with the guilty.

How often have we witnessed the fat cat wrongdoers, never being punished in relation to the gravity of their crimes against humanity and Blacks caught in the same net punished severely.

The latest rash of Black movies, Shaft, Sweetback, Return of Shaft, Jim Brown's escapades, packed with violence, are hungrily viewed by the young regardless of ratings.

This over-saturation of violence, its implication that violence yields automatic solutions to prevent ills of society, with the flash of a blade, a round of ammunition, a quick karate chop, lend more fuel to the condoning of violence on a massive scale.

Gun control has been and continues to be urged as a means to disarm potential killers. Much more support is needed to accomplish gun control.

Yet gun control must also mean the control of the use of guns by the police and vigilantes.

When you place mice in a small and crowded area and let them grow, they become violent - ill with frustration of four walls. They soon kill each other off.

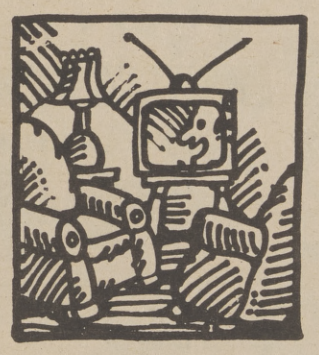
WANTED
FOR ROBBERY

Find these fuel wasters. By conserving energy you'll collect your reward in lower bills.



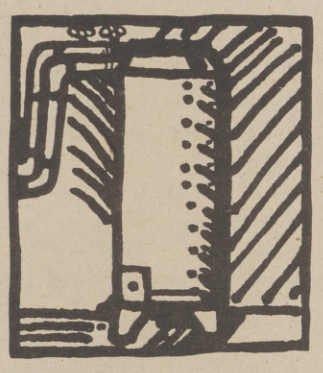
Oven that's left on.

Turn it off as soon as you're through cooking. Don't pre-heat it for broiling or for foods that take longer than an hour to cook. Never use it to heat the kitchen (it's a mis-use of the range).



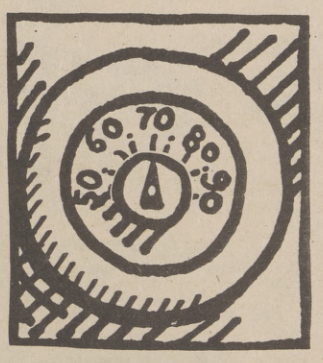
Unwatched TV sets and unneeded lights.

These culprits waste a lot of electricity if you leave them turned on when no one's around.



Water that's too hot.

A water heater setting of 140° (or normal) is adequate. Unless you have a dishwasher. Then use 150° (or slightly above normal). Turn control to "pilot" when you're on vacation.



Heat set too high.

Turn down your house heat at night and when you're away.

PG and E
Energy Conservation Tips

FOODS FOR LABOR DAY FUN!



DRAFT BEER

6 Brown Derby 11-oz. Bottles **85c**



SODA POP

Cragmont (12 Cans $1.08) 12-oz. Can **9c**



BARBECUE BUNS

Skylark—Hot Dog or Hamburger Pkg. of 8 **29c**

- **Sherbet** Lucerne ½-Gal. Ctn. **59c**
- **Coffee** Yuban (Instant, 8-oz. $1.44) 2-Lb. Can **$2.03**
- **Fruit Juice** LaLani—Pineapple 46-oz. Can **33c**
- **24-oz. Bread** Skylark—Sour Dough 24-oz. Loaves 3 **$1**
- **Fruit Punch** Kerns—Islander 46-oz. Can **39c**

- **Mayonnaise** NuMade—Whole Eggs Quart Jar **59c**
- **Potato Salad** Lucerne 4-lb. Carton **$1.35**
- **Chip Dips** Lucerne—Party Treats ½-Pint Carton **42c**
- **Salads** Lucerne—Macaroni, Potato, Cole Slaw Pint Carton **39c**
- **Pink Beans** Town House—Protein Meal 2-lb. Pkg. **49c**

- **Milk** Lucerne—Concentrated, Makes 3 Qts. Quart Carton **74c**
- **Pretzels** Party Stick, Pride—Twist, Ring, Rod 9-oz. Pkg. **37c**
- **Mushrooms** B and B—Sliced 3-oz. Can **48c**
- **Pepper** Crown Colony—Ground; Black 4-oz. Can **41c**
- **Garlic Salt** Crown Colony 6⅜-oz. Bottle **47c**



POTATO CHIPS

Party Pride 10-oz. Bag **49c**



PINEAPPLE JUICE

Dole 46-oz. Can **34c**



2-LB. COFFEE

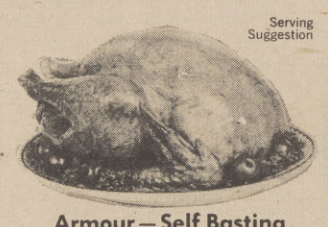
Edwards— 2-lb. Can **$1.74**

YES, WE HAVE USDA CHOICE BEEF!

This week we have a greater supply of beef for your selection. Although supplies are limited, chances are good you'll find the cut you're looking for. Thanks for being so patient.

- **Sm. AA Eggs** Cream O' the Crop DOZEN ... CARTON **61¢**
- **Fruit Drink** (Super Saver) Lucerne—Refreshing Gallon Bottle **49c**
- **Chunk Cheese** Safeway—Mild Cheddar Lb. **$1.15**
- **Cottage Cheese** Lucerne—Quart-86c. Pint Carton **52c**
- **Chunk Tuna** Sea Trader 6½-oz. Can **44c**

FINE QUALITY MEATS



Serving Suggestion

Armour—Self Basting **Fresh Turkey** (Hens—Lb. 89c) Toms-Lb. **86c**



Cudahy—Holiday **Boneless Hams** Half-Ham, Great Eating Lb. **$1.99**

- **Bacon** Rath—Sliced, Mississippi Brand 1-Lb. Pkg. **$1.49**
- **Wieners** Oscar Mayer 1-Lb. Pkg. **$1.55**
- **Bologna** Oscar Mayer 12-oz. Pkg. **$1.34**
- **Fish Sticks** Captain's Choice—Precooked Lb. **75c**

- **Chip'd Meat** Land of Frost Beef or Pastrami 3-oz. Pkg. **45c**
- **Pork Links** Farmer John 8-oz. Pkg. **71c**
- **Canned Ham** Safeway Brand 4-lb. Can **$5.85**
- **Fryer Breast** Foster Farms Lb. **$1.19**

Turbot Fillets Greenland Lb. **99c**



Dubuque **Sliced Bacon** Mississippi Brand 1-Lb. Pkg. **$1.29**



Sliced Quarter **Pork Loin** Includes ends, center rib, center loin & loin chops Lb. **$1.34**

Frozen Food Discounts

LEMONADE Bel-air—Pink or Regular 6-oz. Can **13c**

- **Potatoes** Bel-air—Shoestring 20-oz. Bag **39c**
- **Meat Pie** Manor House 8-oz. Pkg. **23c**
- **Orange Juice** Bel-air 5 6-oz. Cans **$1**
- **Juice** Bel-air Brand Unswt. Grapefruit 12-oz. Can **49c**
- **Cut Corn** Bel-air—Sweet Kernels 10-oz. Pkg. **22c**
- **Vegetables** Bel-air—Japanese Style 10-oz. Pkg. **43c**
- **Hash Browns** Bel-air—Potatoes 12-oz. Pkg. **26c**
- **Sausage Pizza** Bel-air 19-oz. Pkg. **92c**
- **Choc. Cake** Cozy Kitchen—German Chocolate 24-oz. Pkg. **95c**
- **Whip Topping** Party Pride 9-oz. Carton **49c**

FRESH BAKE SHOP

Cake Donuts Blueberry Flavor 20 for **$1**

- **Dinner Rolls** Klondike Sour Dough Pkg. of 30 **89c**
- **Cream Pie** Lemon Each **$1.29**
- **Angel Food** Cake with Icing Each **$1.29**

(Available only in stores with Bake Shop)

Guaranteed to Fit

SAFEWAY PANTY HOSE (Knee-High stockings) Pair 69 cents Perfect Fit PAIR **66c**

It's Picture Taking Time!

Color Film Instamatic CX-126 12-Pr. Roll **89c**

- **Flashcubes** Sylvania 12 flashes Pkg. of 3 **99c**
- **Polaroid Film** #108 Color Roll **$4.12**
- **Slide Film** KX 126—Instamatic 20-exp. Roll **$1.79**
- **Print Film** CX 126—Color Instamatic 20-Pr. Roll **$1.29**
- **Slide Film** K 135—Color 20-Exp. Roll **$1.79**

SAFEWAY

SAFEWAY WILL BE OPEN Labor Day, Sept. 3

Prices effective thru Mon., Sept. 3



Cook-outs Start at Safeway Discounts

- **Briquets** Trophy—Charcoal 10-lb. Bag **79c**
- **Lighter Fluid** Ozark—For Charcoal Quart Can **45c**
- **Alumnm. Foil** Kitchen Craft 18"x25' Roll **28c**
- **Paper Plates** Brocade—White, 9" Pkg. of 100 **85c**

- **Mustard** French's Cream 6-oz. Jar **17c**
- **Mustard** Nalley's Brand 34½-oz. Jar **37c**
- **Sweet Pickles** Zippy—Whole 12-oz. Jar **51c**
- **Dill Pickles** Zippy—Whole or Kosher 22-oz. Jar **51c**

- **Relish** Zippy—Hot Dog, Hamburger, Sweet 12-oz. Jar **37c**
- **BBQ Sauce** Kraft—Tangy 18-oz. Jar **49c**
- **Scott Napkins** Family Pack Pkg. of 160 **35c**
- **Foam Cups** Fonda Brand 7-oz. Size Pkg. of 51 **48c**

NUTRITIOUS BUDGET STRETCHERS



CRACKERS Busy Baker Saltines 16-oz. Pkg. **33c**

- **Tomato Soup** Town House 10¾-oz. Can **13c**
- **Tomato Catsup** Hi-Way 14-oz. Bottle **20c**
- **Spaghetti** Golden Grain—Long 16-oz. Pkg. **28c**
- **Chili** Dennison's—Con Carne w/Beans 15-oz. Cans **46c**
- **Egg Noodles** Perfection—Wide 24-oz. Pkg. **58c**



MACARONI & CHEESE Kraft Dinners 7-oz. Pkg. **27c**

- **Pork & Beans** Van Camp's—Protein Treat 31-oz. Can **33c**
- **Tomato Sauce** Town House 8-oz. Can **10c**
- **Casserole** Schilling's—Taco 12.5-oz. Pkg. **59c**
- **Spaghetti** Ragu—Sauce With Meat 15½-oz. Jar **49c**
- **Sweet Corn** Highway—Whole Kernel 12-oz. Can **20c**

Garden-Sweet Produce



Watermelon Large—Deep Red Cutters WHOLE Each **59c**



Sweet Corn 12-EARS **89c**

Mushrooms Shady Oak Brand Lb. **79c**

Economical White Magic Household Cleaning Aids

- White Magic Dishwasher (Super Saver) **Detergent** 50-oz. Pkg. **69c**
- White Magic—Fabric (Super Saver) **Softener** 64-oz. Bottle **77c**
- White Magic—Laundry (Super Saver) **Detergent** 49-oz. Pkg. **59c**
- White Magic Spray (Super Saver) **Starch** 22-oz. Can **44c**
- White Magic—Powdered **Cleanser** 14-oz. Can **15c**
- White Magic—Bathroom (Super Saver) **Cleaner** 20-oz. Can **59c**

SAFEWAY

Prices effective today thru Saturday, Sept. 1, 1973 in Sacramento